



Foil-Pack Chicken Fajita Dinner

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups rice white instant uncooked
- 1 bell pepper green red cut into strips
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless
- 0.5 cup taco cheese shredded mexican style kraft finely
- 1 Tbsp taco bellâ® taco seasoning mix
- 1.5 cups water hot

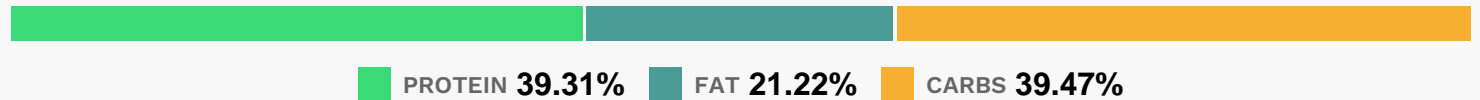
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Fold up all sides of each of 4 large sheets heavy-duty foil to form 1-inch rim; spray with cooking spray.
- Combine rice, water and taco seasoning; spoon onto foil. Top with remaining ingredients.
- Bring up foil sides; fold to make 4 packets.
- Place in 15x10x1-inch pan.
- Bake 30 to 35 min. or until chicken is done (165F). Cool 5 min.
- Cut slits in foil to release steam before opening packets.

Nutrition Facts



Properties

Glycemic Index:0.22, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.8286956464467%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 28.32kcal (1.42%), Fat: 0.65g (1%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.2g (0.22%), Cholesterol: 7.63mg (2.54%), Sodium: 43.71mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin B3: 1.3mg (6.49%), Selenium: 4.5µg (6.44%), Vitamin B6: 0.09mg (4.54%), Phosphorus: 31.45mg (3.15%), Vitamin C: 2.33mg (2.82%), Vitamin B1: 0.04mg (2.39%), Folate: 8.83µg (2.21%), Manganese: 0.04mg (1.83%), Vitamin B5: 0.17mg (1.68%), Potassium: 51.21mg (1.46%), Iron: 0.25mg (1.39%), Calcium: 10.65mg (1.06%), Magnesium: 4.11mg (1.03%)