



## Foil-Pack Chicken & Grilled Artichoke Dinner

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 13 oz artichoke hearts drained quartered canned
- 0.3 cup classico basil pesto sauce and spread traditional
- 3 cups rice white instant uncooked
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1.5 lb chicken breasts boneless skinless
- 2 large tomatoes chopped
- 3 cups warm water

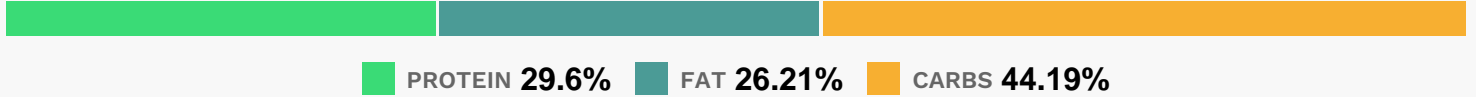
## Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Mix rice and water; spoon onto centers of 6 large sheets heavy-duty foil. Top with chicken, artichokes and tomatoes; drizzle with combined dressing and pesto.
- Bring up foil sides. Double fold top and both ends to seal each packet, leaving room for heat circulation inside.
- Place in 15x10x1-inch pan.
- Bake 30 to 35 min. or until chicken is done (165F).
- Remove packets from oven; let stand 5 min.
- Cut slits in foil to release steam before opening.

## Nutrition Facts



## Properties

Glycemic Index:0.84, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.7913043307869%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 53.97kcal (2.7%), Fat: 1.52g (2.34%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.42g (1.97%), Sugar: 0.6g (0.67%), Cholesterol: 9.79mg (3.26%), Sodium: 88.36mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin B3: 2.03mg (10.15%), Selenium: 7.02µg (10.03%), Vitamin B6: 0.13mg (6.42%), Vitamin B1: 0.07mg (4.42%), Folate: 17.58µg (4.4%), Phosphorus: 40.85mg (4.08%), Manganese: 0.07mg (3.44%), Iron: 0.45mg (2.52%), Vitamin B5: 0.25mg (2.47%), Potassium: 78.86mg (2.25%), Vitamin K: 2.14µg (2.04%), Vitamin A: 100.63IU (2.01%), Vitamin C: 1.3mg (1.58%), Magnesium: 5.91mg (1.48%), Fiber: 0.35g (1.42%), Zinc: 0.19mg (1.25%), Copper: 0.02mg (1.1%), Vitamin B2: 0.02mg (1.07%)