



Foil-Pack Taco Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup knudsen cream light sour
- 0.5 lb potatoes red thinly sliced (2)
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.8 cup milk four cheese shredded 2% mexican style kraft finely
- 1 lb chicken breasts boneless skinless
- 4 tsp taco bellâ® taco seasoning mix

Equipment

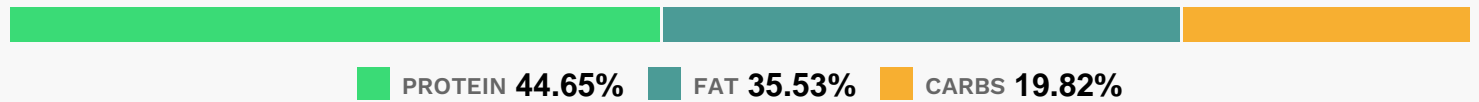
- baking sheet

- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Sprinkle chicken with seasoning mix.
- Place 1/2 cup potatoes on center of each of 4 large sheets heavy-duty foil sprayed with cooking spray; top with chicken, cheese and salsa.
- Fold foil to make 4 packets; place in single layer on rimmed baking sheet.
- Bake 30 to 35 min. or until chicken is done (165F).
- Cut slits in foil to release steam before carefully opening packets.
- Serve chicken topped with sour cream.

Nutrition Facts



Properties

Glycemic Index:0.6, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.6039130428563%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 24.24kcal (1.21%), Fat: 0.95g (1.46%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.18g (0.2%), Cholesterol: 9.12mg (3.04%), Sodium: 61.83mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin B3: 1.17mg (5.84%), Selenium: 3.69µg (5.27%), Vitamin B6: 0.1mg (5%), Phosphorus: 34.5mg (3.45%), Vitamin B2: 0.04mg (2.07%), Potassium: 71.94mg (2.06%), Vitamin B5: 0.19mg (1.88%), Calcium: 15.94mg (1.59%), Magnesium: 4.77mg (1.19%), Vitamin B12: 0.07µg (1.13%), Vitamin B1: 0.02mg (1.06%), Zinc: 0.16mg (1.06%)