



Foil-Pack Taco Chicken Dinner

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup knudsen cream sour
- 2 cups potatoes peeled thinly sliced
- 0.5 cup taco bell® home originals® 'n chunky salsa thick
- 1 cup cheese shredded mexican style kraft
- 4 small chicken breast halves boneless skinless
- 4 teaspoons taco bell® home originals® taco seasoning mix

Equipment

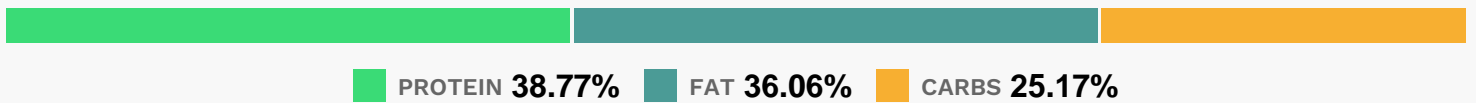
- oven

- knife
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F.
- Sprinkle chicken evenly with seasoning mix.
- Place 1/2 cup of the potatoes on center of each of four large sheets of heavy-duty foil; top each with 1 chicken breast, 1/4 cup of the cheese and 2 tablespoons of the salsa.
- Bring up foil sides. Double fold top and both ends to seal each packet, leaving room for heat circulation inside.
- Place in single layer in 15x10x1-inch baking pan.
- Bake 30 to 35 minutes or until chicken is cooked through (170 degrees F) and potatoes are tender.
- Remove packets from oven.
- Let stand 5 minutes.
- Place one packet on each of four dinner plates.
- Cut slits in foil with sharp knife to release steam before opening. Top each serving with 1 tablespoon of the sour cream.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:13.43, Inflammation Score:-6, Nutrition Score:20.252174024997%

Flavonoids

Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 347.99kcal (17.4%), Fat: 13.85g (21.31%), Saturated Fat: 6.89g (43.04%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 18.83g (6.85%), Sugar: 2.91g (3.23%), Cholesterol: 107.4mg (35.8%), Sodium: 533.06mg

(23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.02%), Vitamin B3: 13.3mg (66.51%), Vitamin B6: 1.24mg (61.81%), Selenium: 41.5µg (59.28%), Phosphorus: 441.11mg (44.11%), Potassium: 985.77mg (28.16%), Vitamin C: 22.83mg (27.68%), Calcium: 226.39mg (22.64%), Vitamin B5: 2.1mg (21.05%), Magnesium: 66.84mg (16.71%), Vitamin B2: 0.27mg (15.89%), Zinc: 1.92mg (12.77%), Vitamin B1: 0.18mg (11.8%), Fiber: 2.91g (11.66%), Manganese: 0.22mg (11.1%), Vitamin B12: 0.6µg (10.01%), Vitamin A: 475.46IU (9.51%), Copper: 0.17mg (8.73%), Iron: 1.56mg (8.64%), Folate: 27.12µg (6.78%), Vitamin E: 0.75mg (4.98%), Vitamin K: 4.5µg (4.29%), Vitamin D: 0.25µg (1.69%)