



Foil-Pack Taco Chicken Dinner

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tex mex cheese shredded kraft
- ☐ 0.5 pound potatoes red peeled thinly sliced
- ☐ 0.5 cup salsa
- ☐ 4 small chicken breasts boneless skinless
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 4 teaspoons taco seasoning

Equipment

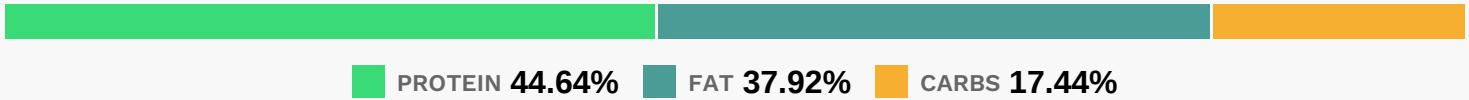
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ Sprinkle chicken with seasoning mix.
- ☐ Place 1/2 cup potatoes on centre of each of 4 large sheets of heavy-duty foil; top with chicken, cheese and salsa.
- ☐ Bring up foil sides. Double fold top and ends to seal each packet, leaving room for heat circulation inside.
- ☐ Place in 15x10x3/4-inch baking pan.
- ☐ Bake 30 to 35 minutes or until chicken is cooked through (170 degrees F). Cool 5 minutes.
- ☐ Cut slits in foil to release steam before opening. Top with sour cream.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:17.272608736287%

Flavonoids

Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 290.58kcal (14.53%), Fat: 12.11g (18.64%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 10.97g (3.99%), Sugar: 2.77g (3.07%), Cholesterol: 102.92mg (34.31%), Sodium: 542.57mg (23.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.18%), Vitamin B3: 12.84mg (64.22%), Selenium: 42.03µg (60.04%), Vitamin B6: 1.02mg (50.81%), Phosphorus: 392.33mg (39.23%), Potassium: 799.18mg (22.83%), Vitamin B5: 1.92mg (19.22%), Calcium: 176.34mg (17.63%), Vitamin B12: 0.89µg (14.91%), Vitamin B2: 0.24mg (14.37%), Magnesium: 53.77mg (13.44%), Zinc: 1.77mg (11.82%), Vitamin A: 482.09IU (9.64%), Vitamin B1: 0.14mg (9.39%), Vitamin C: 7.02mg (8.51%), Manganese: 0.14mg (7.18%), Copper: 0.13mg (6.66%), Fiber: 1.57g (6.27%), Iron: 1.11mg (6.16%), Vitamin E: 0.72mg (4.83%), Folate: 18.85µg (4.71%), Vitamin K: 4.09µg (3.9%), Vitamin D: 0.22µg (1.5%)