



Foil-Packet Southwestern Chicken Dinner

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups broccoli florets
- 1.5 tsp chili powder
- 2 cups brown rice instant uncooked
- 0.3 cup lite ranch dressing kraft
- 1 bell pepper red chopped
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- 1 lb chicken breast boneless skinless
- 1.8 cups warm water

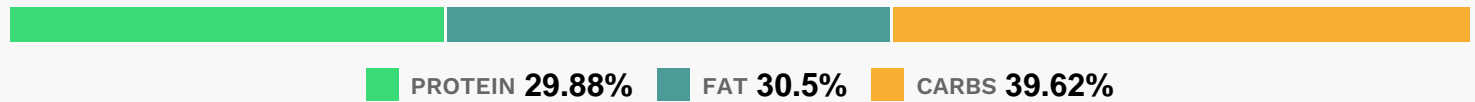
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Combine water and rice; let stand 5 min. Spoon onto centers of 4 large sheets of heavy-duty foil;
- Top with remaining ingredients.
- Fold to make 4 packets; place on rimmed baking sheet.
- Bake 25 to 30 min. or until chicken is done (165F).
- Cut slits in foil to release steam before opening each packet.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.64, Inflammation Score:-9, Nutrition Score:35.652608576028%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 456.33kcal (22.82%), Fat: 15.39g (23.68%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 40.81g (14.84%), Sugar: 3.64g (4.05%), Cholesterol: 90.6mg (30.2%), Sodium: 416.37mg (18.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.85%), Vitamin C: 120.62mg (146.21%), Vitamin K: 116.06µg (110.53%), Selenium: 59.32µg (84.74%), Vitamin B3: 15.85mg (79.23%), Vitamin B6: 1.18mg (59.15%), Folate: 197.65µg (49.41%), Phosphorus: 452.3mg (45.23%), Vitamin A: 1979.86IU (39.6%), Vitamin B1: 0.56mg (37.35%), Manganese: 0.69mg (34.5%), Vitamin B5: 2.6mg (26.04%), Potassium: 821.74mg (23.48%), Iron: 4.16mg (23.13%), Vitamin B2: 0.34mg (20.12%), Calcium: 170.49mg (17.05%), Fiber: 4.16g (16.64%), Magnesium:

65.29mg (16.32%), Zinc: 2.32mg (15.45%), Vitamin E: 2.24mg (14.92%), Copper: 0.19mg (9.53%), Vitamin B12: 0.4µg (6.7%), Vitamin D: 0.21µg (1.42%)