



## Foil-Wrapped Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce baby corns drained canned
- 2 carrots sliced
- 8 chicken thighs
- 1 tablespoon ginger fresh minced
- 1 garlic clove pressed
- 2 green onions sliced
- 3 tablespoons hoisin sauce
- 1 tablespoon sesame seed divided toasted

- 0.3 cup soya sauce
- 2 medium zucchini sliced

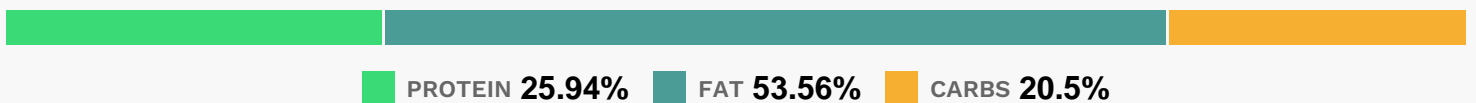
## Equipment

- grill
- aluminum foil

## Directions

- Tear off 4 (18- x 12-inch) heavy-duty aluminum foil sheets.
- Place first 3 ingredients evenly in the center of each sheet; top each with 2 chicken thighs.
- Sprinkle with green onions.
- Stir together 2 teaspoons sesame seeds and next 4 ingredients; spoon evenly over chicken.
- Bring up 2 sides of each foil sheet, and double fold with about 1-inch-wide folds. Double fold each end to form a packet, leaving room for heat circulation inside packet.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- about 35 minutes or until chicken is done.
- Sprinkle with remaining 1 teaspoon sesame seeds before serving.
- Prep: 10 min., Grill: 35 min.
- Note: Hoisin sauce may be found in the Asian section of your grocery or in an Asian market.

## Nutrition Facts



## Properties

Glycemic Index:61.08, Glycemic Load:11.93, Inflammation Score:-10, Nutrition Score:31.51043494888%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 673.26kcal (33.66%), Fat: 40.86g (62.86%), Saturated Fat: 10.62g (66.4%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 30.04g (10.92%), Sugar: 12.19g (13.54%), Cholesterol: 221.84mg (73.95%), Sodium: 1479.79mg (64.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.53g (89.06%), Vitamin A: 5789.35IU (115.79%), Vitamin B3: 13.95mg (69.76%), Selenium: 43.9µg (62.71%), Vitamin B6: 1.19mg (59.63%), Phosphorus: 527.63mg (52.76%), Vitamin B5: 3.46mg (34.6%), Potassium: 1124.44mg (32.13%), Vitamin C: 26.3mg (31.87%), Vitamin B2: 0.53mg (31.25%), Manganese: 0.62mg (31.06%), Zinc: 4.14mg (27.61%), Magnesium: 109.81mg (27.45%), Vitamin K: 25.88µg (24.65%), Vitamin B12: 1.45µg (24.11%), Vitamin B1: 0.36mg (23.78%), Fiber: 5.15g (20.6%), Iron: 3.4mg (18.88%), Copper: 0.36mg (18.19%), Folate: 71.15µg (17.79%), Calcium: 79.97mg (8%), Vitamin E: 0.96mg (6.4%), Vitamin D: 0.23µg (1.51%)