



## Greek Chicken and Vegetables

 Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 oz canned tomatoes diced with garlic and onion, undrained canned
- 4 oz athenos feta cheese crumbled traditional
- 2 cups cut-up green beans fresh trimmed
- 2 tsp oregano leaves dried
- 0.3 tsp pepper
- 1 lb chicken breasts boneless skinless cut into thin strips

### Equipment

- grill

aluminum foil

## Directions

Heat grill to medium-high heat.

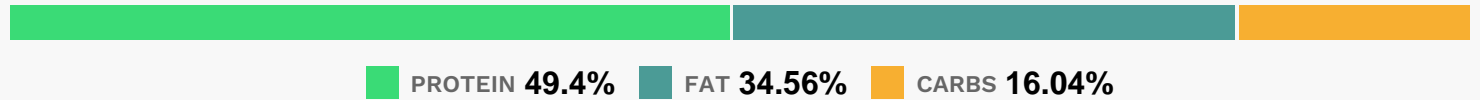
Combine all ingredients except cheese; spoon onto 4 large sheets heavy-duty foil. Fold to make 4 packets.

Grill 10 to 14 min. or until chicken is done.

Cut slits in foil to release steam before opening packets.

Top chicken mixture with cheese.

## Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:21.807826114737%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

## Nutrients (% of daily need)

Calories: 241.62kcal (12.08%), Fat: 9.33g (14.35%), Saturated Fat: 4.48g (27.97%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 6.82g (2.48%), Sugar: 4.28g (4.75%), Cholesterol: 97.81mg (32.6%), Sodium: 605.23mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Vitamin B3: 13.29mg (66.43%), Selenium: 41.02µg (58.6%), Vitamin B6: 1.17mg (58.55%), Phosphorus: 375.63mg (37.56%), Vitamin K: 33.17µg (31.59%), Vitamin B2: 0.47mg (27.73%), Potassium: 759.4mg (21.7%), Vitamin B5: 2.15mg (21.45%), Vitamin C: 17.65mg (21.39%), Calcium: 212.57mg (21.26%), Magnesium: 62.57mg (15.64%), Manganese: 0.28mg (14.19%), Vitamin B1: 0.21mg (13.95%), Iron: 2.51mg (13.95%), Vitamin A: 669.38IU (13.39%), Zinc: 1.78mg (11.84%), Vitamin B12: 0.71µg (11.77%), Fiber: 2.93g (11.71%), Folate: 42.13µg (10.53%), Vitamin E: 1.36mg (9.04%), Copper: 0.16mg (7.8%), Vitamin D: 0.23µg (1.51%)