



Grilled Chicken & Vegetables Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ears corn on the cob
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian divided kraft
- 1 large onion cut lengthwise into 8 wedges
- 2 Tbsp parmesan cheese grated kraft
- 1 pepper red quartered
- 1 lb chicken breasts boneless skinless

Equipment

- grill

Directions

- Heat grill to medium heat.
- Place chicken and vegetables on grill; brush with 2 Tbsp. dressing
- Grill 12 min., turning chicken after 6 min and turning vegetables frequently.
- Brush with remaining dressing; grill 1 to 2 min. or until chicken is done (165F) and vegetables are crisp-tender, turning occasionally.
- Serve topped with cheese.

Nutrition Facts

PROTEIN 40.22% **FAT 25.63%** **CARBS 34.15%**

Properties

Glycemic Index:2.36, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:3.3099999920182%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 44.03kcal (2.2%), Fat: 1.29g (1.99%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.61g (1.79%), Cholesterol: 11.96mg (3.99%), Sodium: 53.97mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin B3: 2.2mg (11.02%), Vitamin C: 7.74mg (9.39%), Selenium: 6.11µg (8.73%), Vitamin B6: 0.17mg (8.61%), Phosphorus: 56.78mg (5.68%), Vitamin B5: 0.39mg (3.86%), Vitamin A: 185.83IU (3.72%), Potassium: 127.53mg (3.64%), Magnesium: 11.47mg (2.87%), Vitamin B1: 0.04mg (2.66%), Folate: 10.13µg (2.53%), Manganese: 0.04mg (2.02%), Fiber: 0.49g (1.96%), Vitamin B2: 0.03mg (1.95%), Vitamin K: 1.66µg (1.58%), Zinc: 0.21mg (1.42%), Vitamin E: 0.17mg (1.16%), Iron: 0.18mg (1.02%)