



Grilled Chicken Veracruz

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 oz tomatoes diced divided drained canned
- 4 lb chicken thighs and legs
- 5.8 oz olives green pitted halved drained
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 Tbsp mexican oregano dried
- 0.3 cup parmesan cheese grated kraft
- 3 pickled jalapeño pepper sliced

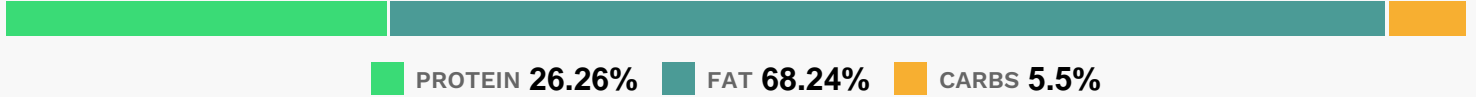
Equipment

- blender
- grill
- aluminum foil

Directions

- Heat grill to medium.
- Blend dressing, 1 can tomatoes and oregano in blender until smooth.
- Place chicken on large sheet of heavy-duty foil; bring up foil sides. Top chicken with tomato sauce, remaining tomatoes, olives and peppers. Double fold top and ends to seal packet, leaving room for heat circulation inside.
- Place packet on grate of grill; cover with lid.
- Grill 45 min. or until chicken is done (165F).
- Cut slits in foil to release steam before opening packet.
- Serve chicken topped with cheese.

Nutrition Facts



Properties

Glycemic Index:0.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.9334782614656%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 86.41kcal (4.32%), Fat: 6.54g (10.05%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.59g (0.66%), Cholesterol: 32.72mg (10.91%), Sodium: 121.48mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Selenium: 6.42µg (9.17%), Vitamin B3: 1.65mg (8.25%), Vitamin B6: 0.13mg (6.65%), Phosphorus: 58.41mg (5.84%), Vitamin B12: 0.22µg (3.62%), Vitamin B5: 0.36mg (3.56%), Vitamin B2: 0.05mg (3.17%), Zinc: 0.46mg (3.05%), Vitamin K: 3.01µg (2.87%), Potassium: 100.51mg (2.87%), Iron: 0.42mg (2.34%), Vitamin E: 0.35mg (2.31%), Magnesium: 8.79mg (2.2%), Vitamin B1: 0.03mg (2.15%), Vitamin C: 1.35mg (1.64%), Copper: 0.03mg (1.61%), Calcium: 14.64mg (1.46%), Manganese: 0.03mg (1.45%), Vitamin A: 60.81IU (1.22%), Fiber: 0.29g (1.18%)