



## Grilled Chicken with Savory Summer Vegetables

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup cut-up asparagus spears fresh (1 inch pieces)
- 1 bell pepper red coarsely chopped
- 1 small onion red coarsely chopped
- 1 lb chicken breasts boneless skinless
- 0.3 cup sun tomato vinaigrette dressing dried divided kraft
- 1 zucchini coarsely chopped

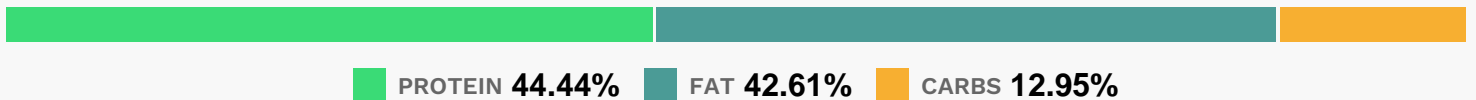
### Equipment

- frying pan
- grill
- aluminum foil

## Directions

- Heat grill to medium-high heat.
- Brush chicken with 2 Tbsp. dressing.
- Let stand 10 min.
- Meanwhile, poke holes in bottom of disposable aluminum foil pan. Toss vegetables with remaining dressing.
- Place in prepared pan.
- Place chicken and pan of vegetables on grill grate. Grill 20 min. or until chicken is done (165F) and vegetables are crisp-tender, turning chicken after 10 min. and stirring vegetables occasionally.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:20.65608700462%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg

## Nutrients (% of daily need)

Calories: 233.2kcal (11.66%), Fat: 11.08g (17.04%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 5.29g (1.92%), Sugar: 4.66g (5.18%), Cholesterol: 72.57mg (24.19%), Sodium: 138.58mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26g (52%), Vitamin B3: 12.7mg (63.5%), Vitamin C: 52.12mg (63.18%), Vitamin B6: 1.08mg (53.96%), Selenium: 37.57µg (53.68%), Vitamin K: 33.28µg (31.69%), Phosphorus: 289.89mg (28.99%), Vitamin A: 1317.3IU (26.35%), Potassium: 719.31mg (20.55%), Vitamin B5: 1.94mg (19.36%), Vitamin B2: 0.24mg (14.08%), Folate: 52.63µg (13.16%), Magnesium: 49.31mg (12.33%), Vitamin E: 1.85mg (12.32%), Vitamin B1: 0.17mg (11.42%), Manganese: 0.23mg (11.27%), Fiber: 2.29g (9.14%), Iron: 1.5mg (8.35%), Zinc: 1.12mg

(7.44%), Copper: 0.14mg (6.78%), Vitamin B12: 0.23µg (3.78%), Calcium: 29.96mg (3%)