



Grilled Chicken with Savory Summer Vegetables

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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

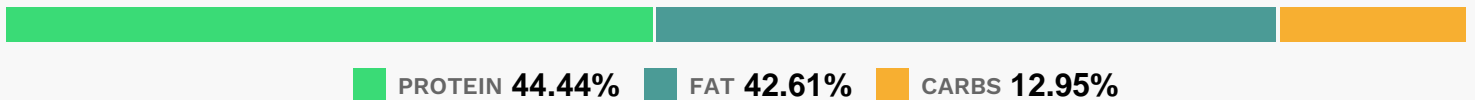
Equipment

- 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:3.53, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.7534782526934%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 31.09kcal (1.55%), Fat: 1.48g (2.27%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.62g (0.69%), Cholesterol: 9.68mg (3.23%), Sodium: 18.48mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin B3: 1.69mg (8.47%), Vitamin C: 6.95mg (8.42%), Vitamin B6: 0.14mg (7.2%), Selenium: 5.01µg (7.16%), Vitamin K: 4.44µg (4.23%), Phosphorus: 38.65mg (3.87%), Vitamin A: 175.64IU (3.51%), Potassium: 95.91mg (2.74%), Vitamin B5: 0.26mg (2.58%), Vitamin B2: 0.03mg (1.88%), Folate: 7.02µg (1.75%), Vitamin E: 0.25mg (1.64%), Magnesium: 6.58mg (1.64%), Vitamin B1: 0.02mg (1.52%), Manganese: 0.03mg (1.5%), Fiber: 0.3g (1.22%), Iron: 0.2mg (1.11%)