



## Grilled Italian Chicken and Veggies

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**4**

CALORIES



**1389 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.5 pound chicken skinless
- 0.3 cup basil fresh chopped
- 0.5 teaspoon pepper
- 0.8 cup salad dressing italian
- 1 medium onion sweet spanish cut into 16 thin wedges (such as Bermuda, Maui, or Walla Walla)
- 1 medium and orange peppers cut into 8 pieces
- 4 medium plum tomatoes thinly sliced coarsely chopped (Roma)
- 1 medium bell pepper yellow cut into 8 pieces

## Equipment

- bowl
- frying pan
- grill
- wok
- slotted spoon

## Directions

- Heat coals or gas grill for direct heat.
- Place chicken in shallow pan.
- Drizzle with 1/2 cup of the dressing; turn to coat.
- Sprinkle with 1/4 teaspoon of the pepper.
- Mix bell peppers, onion, remaining 1/4 cup dressing and remaining 1/4 teaspoon pepper in medium bowl; toss to coat.
- Place vegetables in grill basket (grill wok), using slotted spoon; reserve dressing in bowl.
- Remove chicken from pan; reserve dressing in pan.
- Place chicken, skin sides up, on grill over medium heat. Cover and grill 40 to 50 minutes, turning occasionally and brushing with dressing remaining in shallow pan, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Add grill basket to grill during last 15 minutes of grilling; grill, shaking basket or stirring vegetables occasionally, until vegetables are crisp-tender.
- Add tomatoes, basil and grilled vegetables to bowl with dressing; toss to coat.
- Serve vegetables with chicken.

## Nutrition Facts

 **PROTEIN 31.72%**  **FAT 63.05%**  **CARBS 5.23%**

## Properties

Glycemic Index:43, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:44.108261066934%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg

## Nutrients (% of daily need)

Calories: 1388.91kcal (69.45%), Fat: 95.73g (147.27%), Saturated Fat: 25.98g (162.38%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 15.4g (5.6%), Sugar: 11.8g (13.11%), Cholesterol: 428.64mg (142.88%), Sodium: 849.22mg (36.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 108.36g (216.71%), Vitamin B3: 39.98mg (199.89%), Vitamin C: 114.73mg (139.06%), Selenium: 83.73µg (119.62%), Vitamin B6: 2.33mg (116.27%), Phosphorus: 900.09mg (90.01%), Vitamin B5: 5.49mg (54.88%), Zinc: 7.87mg (52.47%), Vitamin A: 2404.75IU (48.1%), Vitamin K: 46.49µg (44.27%), Vitamin B2: 0.75mg (44.03%), Potassium: 1496.2mg (42.75%), Magnesium: 139.3mg (34.83%), Iron: 5.98mg (33.21%), Vitamin B12: 1.77µg (29.53%), Vitamin B1: 0.43mg (28.92%), Vitamin E: 3.52mg (23.44%), Folate: 85.11µg (21.28%), Copper: 0.41mg (20.58%), Manganese: 0.37mg (18.65%), Calcium: 100.46mg (10.05%), Fiber: 2.47g (9.87%), Vitamin D: 1.14µg (7.62%)