



Grilled Italian Chicken and Veggies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



4756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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 15.97% **FAT 17.36%** **CARBS 66.67%**

Properties

Glycemic Index:57.25, Glycemic Load:374.33, Inflammation Score:-9, Nutrition Score:23.452608782312%

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: 4756.16kcal (237.81%), Fat: 93g (143.08%), Saturated Fat: 13.25g (82.84%), Carbohydrates: 803.71g (267.9%), Net Carbohydrates: 670.27g (243.73%), Sugar: 11.8g (13.11%), Cholesterol: 0mg (0%), Sodium: 449.16mg (19.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 192.56g (385.12%), Fiber: 133.44g (533.77%), Iron: 50.13mg (278.49%), Vitamin C: 105.58mg (127.98%), Calcium: 632.94mg (63.29%), Vitamin K: 37.91µg (36.11%), Vitamin A: 1604.61IU (32.09%), Vitamin B6: 0.32mg (16.25%), Manganese: 0.26mg (13.22%), Folate: 50.81µg (12.7%), Vitamin E: 1.8mg (12.01%), Potassium: 416.02mg (11.89%), Copper: 0.14mg (6.86%), Magnesium: 25mg (6.25%), Vitamin B1: 0.09mg (6.06%), Phosphorus: 59.94mg (5.99%), Vitamin B3: 1.11mg (5.54%), Vitamin B2: 0.06mg (3.68%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.38mg (2.56%), Selenium: 1.43µg (2.04%)