



Grilled Italian Chicken Packs



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup salad dressing italian reduced-fat
- ☐ 4 plum tomatoes cut in half (Roma)
- ☐ 1 small onion red cut into 8 wedges
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 medium bell pepper yellow cut into 4 wedges

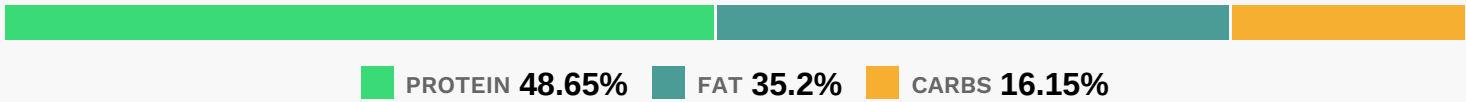
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut 4 (18x12-inch) sheets of heavy-duty foil.
- ☐ Place 1 chicken breast, 1 bell pepper wedge, 2 tomato halves and 2 onion wedges on center of each sheet.
- ☐ Pour 2 tablespoons dressing over chicken and vegetable mixture on each packet.
- ☐ For each packet, bring up 2 sides of foil over chicken and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- ☐ Place packets on grill over medium heat. Cover grill; cook 18 to 22 minutes, rotating packets 1/2 turn after 10 minutes, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Place packets on plates.
- ☐ Cut large X across tops of packets; carefully fold back foil.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:21.082608717939%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 262.28kcal (13.11%), Fat: 10.08g (15.51%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 8.94g (3.25%), Sugar: 5.97g (6.63%), Cholesterol: 90.72mg (30.24%), Sodium: 460.92mg (20.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.72%), Vitamin C: 66.94mg (81.14%), Vitamin B3: 15.49mg (77.44%), Selenium: 46.17µg (65.96%), Vitamin B6: 1.21mg (60.65%), Phosphorus: 332.07mg (33.21%), Potassium: 799.3mg (22.84%), Vitamin B5: 2.16mg (21.59%), Vitamin K: 21.74µg (20.71%), Magnesium:

51.46mg (12.87%), Vitamin A: 629.61IU (12.59%), Vitamin B2: 0.17mg (9.91%), Vitamin B1: 0.14mg (9.37%),
Manganese: 0.17mg (8.57%), Vitamin E: 1.25mg (8.35%), Folate: 27.93µg (6.98%), Zinc: 1.05mg (6.97%), Copper:
0.12mg (6.15%), Fiber: 1.48g (5.92%), Iron: 0.96mg (5.35%), Vitamin B12: 0.28µg (4.72%), Calcium: 26.7mg (2.67%)