



Grilled Mediterranean Chicken Packs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz feta cheese crumbled
- ☐ 20 kalamata olives pitted
- ☐ 2 tablespoons lemon zest grated
- ☐ 1 teaspoon oregano dried
- ☐ 4 plum tomatoes cut into 3 slices (Roma)
- ☐ 1 cup onion red finely chopped
- ☐ 1.3 lb chicken breast boneless skinless

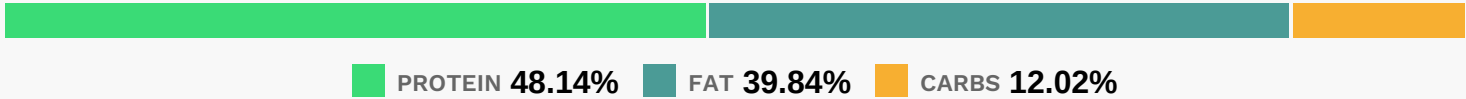
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut 4 (18x12-inch) sheets of heavy-duty foil.
- ☐ Mix cheese, lemon peel and oregano.
- ☐ Place 1 chicken breast, 3 tomato slices, 1/4 cup onion and 5 olives on center of each sheet. Spoon 1/4 of the cheese mixture over chicken and vegetables on each sheet.
- ☐ 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 20 to 25 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 top of each packet; carefully fold back foil.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:21.488695818445%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 295.61kcal (14.78%), Fat: 13.02g (20.03%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 6.23g (2.26%), Sugar: 3.58g (3.98%), Cholesterol: 115.95mg (38.65%), Sodium: 804.62mg

(34.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.8%), Vitamin B3: 15.56mg (77.81%), Selenium: 50.04µg (71.48%), Vitamin B6: 1.3mg (64.8%), Phosphorus: 421.59mg (42.16%), Vitamin B5: 2.42mg (24.17%), Vitamin B2: 0.41mg (24.12%), Potassium: 766.88mg (21.91%), Vitamin C: 17.04mg (20.65%), Calcium: 184.66mg (18.47%), Vitamin A: 768.02IU (15.36%), Magnesium: 57.06mg (14.27%), Vitamin B12: 0.76µg (12.71%), Zinc: 1.84mg (12.27%), Vitamin B1: 0.18mg (12.17%), Fiber: 2.61g (10.46%), Vitamin E: 1.52mg (10.16%), Manganese: 0.18mg (8.82%), Vitamin K: 9.24µg (8.8%), Folate: 33.82µg (8.45%), Iron: 1.27mg (7.03%), Copper: 0.13mg (6.47%), Vitamin D: 0.26µg (1.7%)