



Grilled Paprika Chicken Dinner Foil Packs

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast halves boneless skinless
- 2 cups potatoes - remove skin red quartered (4 or 5 potatoes)
- 1.5 cups baby carrots
- 1 cup green beans frozen (from 12 oz bag)
- 1 cup campbell's chicken gravy (from 12-oz jar)
- 2 tablespoons flour all-purpose
- 1 teaspoon paprika
- 0.5 teaspoon thyme leaves dried

- 2 tablespoons parsley fresh finely chopped

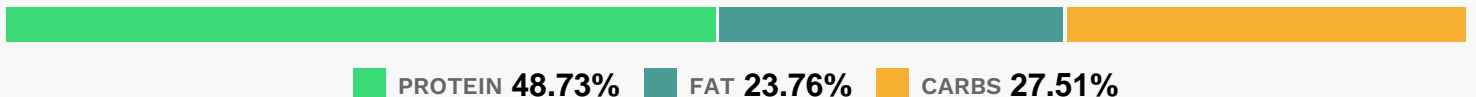
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat.
- Cut four 18x12-inch pieces of heavy-duty foil.
- Place chicken breast half on each piece of foil. Top with potatoes, carrots and frozen green beans. In small bowl, mix gravy and flour until well blended.
- Drizzle over chicken mixture.
- Sprinkle with paprika and thyme.
- Fold foil over chicken and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets over medium heat 30 to 40 minutes, rotating packets 1/2 turn after 15 minutes, until juice of chicken is no longer pink when centers of thickest pieces are cut and vegetables are tender.
- Place packets on plates.
- Cut large X across top of each packet; fold back foil.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:2.66, Inflammation Score:-10, Nutrition Score:25.027826109658%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 269.32kcal (13.47%), Fat: 6.97g (10.72%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 15g (5.46%), Sugar: 4.74g (5.27%), Cholesterol: 95.44mg (31.81%), Sodium: 472.01mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.29%), Vitamin A: 7480.74IU (149.61%), Vitamin B3: 15.99mg (79.93%), Selenium: 47.45µg (67.78%), Vitamin B6: 1.23mg (61.48%), Vitamin K: 50.92µg (48.5%), Phosphorus: 351.48mg (35.15%), Potassium: 894.89mg (25.57%), Vitamin B5: 2.42mg (24.17%), Vitamin C: 12.59mg (15.27%), Magnesium: 59.89mg (14.97%), Vitamin B2: 0.23mg (13.36%), Vitamin B1: 0.19mg (12.73%), Fiber: 3.15g (12.6%), Manganese: 0.25mg (12.35%), Folate: 44.71µg (11.18%), Iron: 1.96mg (10.87%), Copper: 0.17mg (8.44%), Zinc: 1.17mg (7.78%), Vitamin B12: 0.28µg (4.72%), Calcium: 41.85mg (4.19%), Vitamin E: 0.55mg (3.66%)