



Grilled Pesto Chicken Packs



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



324 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 8 roma tomatoes cut into 1/2 inch slices (plum)
- ☐ 4 small zucchini cut into 1/2-inch slices
- ☐ 0.5 cup basil pesto

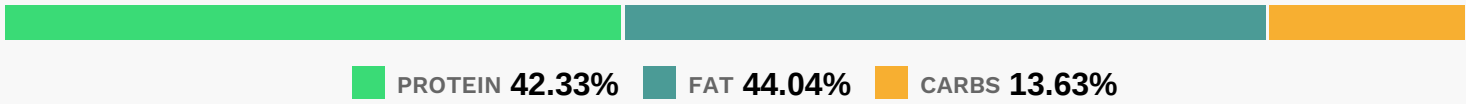
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Place 1 chicken breast half, 2 sliced tomatoes and 1 sliced zucchini on one side of four 18x12-inch sheets of heavy-duty aluminum foil. Spoon 2 tablespoons pesto over chicken mixture on each sheet.
- ☐ 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 4 to 5 inches from medium heat 20 to 25 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Place packets on plates.
- ☐ Cut large X across top of packet; fold back foil.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:1.64, Inflammation Score:-9, Nutrition Score:23.774347592955%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 323.94kcal (16.2%), Fat: 15.77g (24.26%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 7.81g (2.84%), Sugar: 7.2g (8%), Cholesterol: 93.2mg (31.07%), Sodium: 469.92mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.2%), Vitamin B3: 16.05mg (80.27%), Vitamin B6: 1.35mg (67.66%), Selenium: 45.6µg (65.14%), Vitamin C: 39.81mg (48.26%), Vitamin A: 1936.4IU (38.73%), Phosphorus: 372.27mg (37.23%), Potassium: 1126.33mg (32.18%), Vitamin B5: 2.37mg (23.71%), Manganese: 0.37mg (18.57%), Magnesium: 71.73mg (17.93%), Vitamin B2: 0.28mg (16.25%), Vitamin K: 15.15µg (14.43%), Folate: 52.59µg (13.15%), Fiber: 3.16g (12.66%), Vitamin B1: 0.19mg (12.65%), Zinc: 1.41mg (9.4%), Calcium: 88.28mg (8.83%), Copper: 0.17mg (8.7%), Iron: 1.48mg (8.2%), Vitamin E: 1.08mg (7.2%), Vitamin B12: 0.28µg (4.72%)