



Grilled Spanish Chicken Supper

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium baking potatoes unpeeled cut into 1/2-inch cubes (4 cups)
- ☐ 2 cups bell pepper green red chopped
- ☐ 1 cup onion coarsely chopped
- ☐ 12 large pimientos coarsely chopped
- ☐ 14.5 ounces tomatoes diced with roasted garlic, undrained canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 teaspoons chili powder
- ☐ 1 teaspoon salt

☐ 1.5 pounds chicken breast (not breaded)

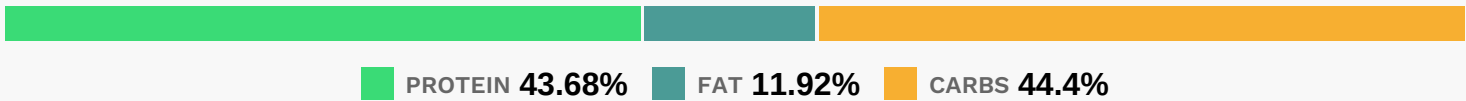
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat. In large bowl, mix potatoes, bell peppers, onion, olives and tomatoes. Stir in flour, 2 teaspoons of the chili powder and 1/2 teaspoon of the salt. Spoon mixture into large heavy-duty aluminum foil bag.
- ☐ Sprinkle remaining 1 teaspoon chili powder and 1/2 teaspoon salt over chicken. Arrange chicken on top of vegetables. Double-fold open end of bag. Slide foil bag onto cookie sheet to carry to grill.
- ☐ Slide foil bag onto grill. Grill uncovered 4 to 5 inches from medium-high heat about 20 minutes or until potatoes are tender and chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:40.29, Glycemic Load:16.56, Inflammation Score:-7, Nutrition Score:22.51391313387%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 253.59kcal (12.68%), Fat: 3.38g (5.21%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 24.56g (8.93%), Sugar: 4.76g (5.28%), Cholesterol: 72.57mg (24.19%), Sodium: 641.74mg

(27.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.8%), Vitamin B6: 1.46mg (73.14%), Vitamin C: 57.8mg (70.05%), Vitamin B3: 13.89mg (69.46%), Selenium: 37.55µg (53.64%), Phosphorus: 332.16mg (33.22%), Potassium: 1143.11mg (32.66%), Vitamin B5: 2.11mg (21.14%), Manganese: 0.36mg (18.02%), Magnesium: 71.06mg (17.77%), Vitamin B1: 0.24mg (16.27%), Fiber: 3.8g (15.18%), Iron: 2.5mg (13.89%), Vitamin B2: 0.22mg (13.2%), Vitamin A: 649.14IU (12.98%), Copper: 0.24mg (12.2%), Folate: 37.67µg (9.42%), Vitamin K: 9.18µg (8.74%), Vitamin E: 1.28mg (8.53%), Zinc: 1.23mg (8.2%), Calcium: 55.72mg (5.57%), Vitamin B12: 0.23µg (3.78%)