



Lemon Chicken Primavera

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 teaspoon basil dried
- 1 teaspoon garlic salt
- 1 optional: lemon divided grated juiced
- 16 ounce stir-fry vegetables frozen with pasta
- 16 ounce chicken breast halves boneless skinless
- 2 tablespoons water

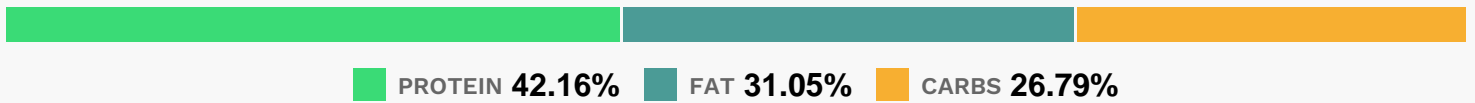
Equipment

- baking sheet
- oven
- grill
- aluminum foil

Directions

- Preheat grill to medium-high or oven to 450 degrees F.
- Center one chicken breast half on each sheet of Reynolds Wrap® Heavy Duty Aluminum Foil. Arrange stir-fry vegetable mixture around chicken; top with butter.
- Sprinkle with water, lemon peel, garlic salt and basil.
- Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make two packets.
- Bake 22 to 24 minutes on a cookie sheet in oven OR GRILL 10 to 12 minutes in covered grill. Squeeze lemon juice over chicken and vegetables before serving.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:10.55, Inflammation Score:-10, Nutrition Score:38.012608683628%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 521.18kcal (26.06%), Fat: 18.51g (28.47%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 35.92g (11.97%), Net Carbohydrates: 25.15g (9.15%), Sugar: 1.36g (1.51%), Cholesterol: 145.15mg (48.38%), Sodium: 1666.65mg (72.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.54g (113.07%), Vitamin A: 12101.13IU (242.02%), Vitamin B3: 26.58mg (132.88%), Selenium: 73.72µg (105.31%), Vitamin B6: 1.97mg (98.38%), Vitamin C: 54.96mg (66.62%), Phosphorus: 623.31mg (62.33%), Fiber: 10.77g (43.09%), Potassium: 1413.74mg (40.39%), Vitamin B5: 3.72mg (37.2%), Manganese: 0.66mg (32.78%), Magnesium: 121.87mg (30.47%), Vitamin B1: 0.45mg (29.68%),

Vitamin B2: 0.44mg (25.97%), Iron: 3.78mg (20.98%), Folate: 82.47µg (20.62%), Zinc: 2.41mg (16.06%), Copper: 0.31mg (15.3%), Calcium: 98.65mg (9.86%), Vitamin K: 9.03µg (8.6%), Vitamin B12: 0.47µg (7.79%), Vitamin E: 1mg (6.66%), Vitamin D: 0.23µg (1.51%)