



Roasted Campfire Pockets



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1053 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 florida fingerling potatoes sliced thin
- ☐ 2 tablespoons herbs fresh finely chopped (basil, oregano, thyme, rosemary, or a combination)
- ☐ 2 cups mushrooms sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion sliced
- ☐ 2 bell peppers red sliced
- ☐ 4 servings sea salt and ground pepper fresh to taste
- ☐ 4 chicken breasts boneless skinless

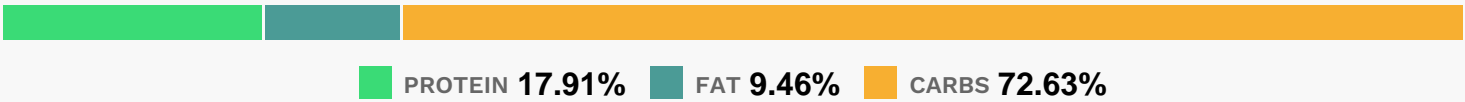
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill to medium-high heat, or an oven at 375°F. In a medium-sized mixing bowl combine the potatoes, onion, bell peppers, mushrooms, herbs and oil. Stir ingredients to combine and season lightly with salt and pepper. Make 4 12×12-inch squares of aluminum foil and lay them out to be stuffed.
- ☐ Place a chicken breast in the middle of each foil square, and lightly season with salt and pepper. Evenly distribute the vegetable mixture on top of each chicken breast. Fold each packet so that a tight seal is formed and all the food is contained. Grill packets, or bake them in the oven, for 20 to 30 minutes or until internal temperature of chicken reaches 165°F.
- ☐ Remove packets from heat and let cool slightly. Open packets carefully as hot steam may rush out.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:138.09, Inflammation Score:-10, Nutrition Score:57.483478240345%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 8.81mg, Kaempferol: 8.81mg, Kaempferol: 8.81mg, Kaempferol: 8.81mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 15.21mg, Quercetin: 15.21mg, Quercetin: 15.21mg, Quercetin: 15.21mg

Nutrients (% of daily need)

Calories: 1052.5kcal (52.63%), Fat: 11.28g (17.35%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 194.84g (64.95%), Net Carbohydrates: 168.97g (61.45%), Sugar: 13.36g (14.85%), Cholesterol: 72.32mg (24.11%), Sodium: 396.31mg (17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.05g (96.09%), Vitamin C: 293.76mg (356.08%), Vitamin B6: 4.26mg (212.9%), Potassium: 5245.88mg (149.88%), Vitamin B3: 25.4mg (126.98%), Fiber: 25.86g (103.45%), Phosphorus: 913.13mg (91.31%), Manganese: 1.79mg (89.38%), Magnesium: 290.55mg (72.64%), Copper: 1.36mg (68.06%), Vitamin B1: 1.01mg (67.62%), Selenium: 44.07µg (62.96%), Vitamin K: 60.54µg (57.66%), Vitamin B5: 5.72mg (57.24%), Folate: 220.62µg (55.15%), Iron: 9.46mg (52.58%), Vitamin A: 2087.37IU (41.75%), Vitamin B2: 0.71mg (41.73%), Zinc: 4.23mg (28.19%), Vitamin E: 2.3mg (15.31%), Calcium: 150.63mg (15.06%), Vitamin B12: 0.25µg (4.09%), Vitamin D: 0.21µg (1.39%)