



Underground Baked Chicken and Potatoes



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium baking potatoes
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons garlic salt
- ☐ 2 teaspoons oregano dried
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons vegetable oil

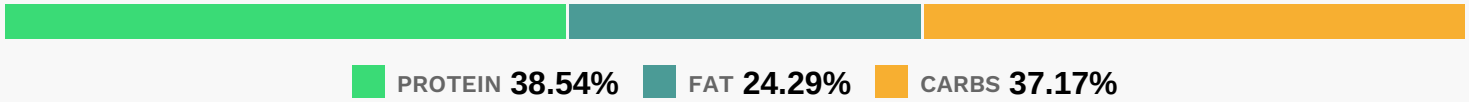
Equipment

- ☐ aluminum foil

Directions

- ☐ Dig a hole about 1 foot into the ground.
- ☐ Place a layer of hot coals on the bottom, and cover with a 1/2 inch layer of dirt.
- ☐ Rub the chicken breasts with oil, then season with garlic salt, pepper, and oregano. Wrap each breast securely in aluminum foil and place into the hole.
- ☐ Cover the hole with about 6 inches of dirt and allow the chicken to cook for 3 to 4 hours.
About 45 minutes before you are ready to eat, wrap the potatoes individually in aluminum foil, and place them in the coals of a campfire to cook. When the potatoes are ready, dig up the chicken and serve with potatoes.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:30.32, Inflammation Score:-8, Nutrition Score:26.295217306718%

Nutrients (% of daily need)

Calories: 425.57kcal (21.28%), Fat: 11.43g (17.58%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 36.08g (13.12%), Sugar: 1.36g (1.51%), Cholesterol: 108.86mg (36.29%), Sodium: 1371mg (59.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.79g (81.57%), Vitamin B6: 2.02mg (101%), Vitamin B3: 19.99mg (99.97%), Selenium: 55.34µg (79.06%), Phosphorus: 476.23mg (47.62%), Potassium: 1533.73mg (43.82%), Vitamin B5: 3.08mg (30.78%), Magnesium: 96.37mg (24.09%), Manganese: 0.44mg (22.24%), Vitamin K: 23.31µg (22.2%), Vitamin B1: 0.29mg (19.04%), Vitamin C: 14.21mg (17.22%), Iron: 2.86mg (15.91%), Vitamin B2: 0.25mg (14.48%), Copper: 0.28mg (13.79%), Fiber: 3.26g (13.03%), Zinc: 1.64mg (10.91%), Folate: 39.04µg (9.76%), Vitamin E: 1.09mg (7.24%), Vitamin B12: 0.34µg (5.67%), Calcium: 53.99mg (5.4%), Vitamin A: 71.54IU (1.43%), Vitamin D: 0.17µg (1.13%)