



Angel Hair Puttanesca with Chicken

READY IN



25 min.

SERVINGS



25

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz angel hair pasta uncooked
- 2 Tbsp capers
- 0.5 tsp pepper red crushed
- 3 cloves garlic minced
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 0.3 cup kalamata olives pitted chopped
- 2 Tbsp parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into strips
- 2 cups classico tomato and basil pasta sauce

Equipment

frying pan

Directions

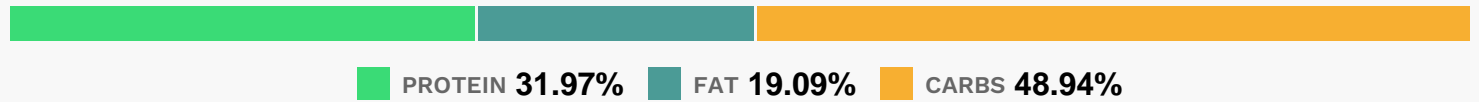
Cook pasta as directed on package.

Meanwhile, heat dressing in large nonstick skillet on medium-high heat.

Add chicken, garlic and red pepper; cook 3 min., stirring frequently. Stir in pasta sauce, olives and capers; cook on medium heat 10 min. or until chicken is done, stirring occasionally.

Drain pasta; transfer to serving plates. Top with sauce mixture and Parmesan.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:2.76, Inflammation Score:-1, Nutrition Score:3.1665217176728%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 68.81kcal (3.44%), Fat: 1.43g (2.2%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.53g (2.74%), Sugar: 1.1g (1.23%), Cholesterol: 11.96mg (3.99%), Sodium: 118.7mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Selenium: 11.78µg (16.83%), Vitamin B3: 2.06mg (10.32%), Vitamin B6: 0.16mg (7.79%), Phosphorus: 58.75mg (5.88%), Manganese: 0.09mg (4.69%), Potassium: 124.15mg (3.55%), Vitamin B5: 0.3mg (3.02%), Fiber: 0.7g (2.79%), Magnesium: 10.25mg (2.56%), Copper: 0.04mg (1.86%), Vitamin A: 87.47IU (1.75%), Zinc: 0.26mg (1.73%), Vitamin B2: 0.03mg (1.58%), Iron: 0.28mg (1.55%), Vitamin B1: 0.02mg (1.42%), Calcium: 11.46mg (1.15%), Vitamin C: 0.84mg (1.02%)