



## Cacciatore-Style Chicken

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 lb chicken breast halves boneless skinless
- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 0.5 cup bell pepper green chopped
- 0.8 cup to 3 sized squashes yellow sliced
- 0.8 cup mushrooms sliced
- 14.5 oz tomatoes diced undrained canned

- 0.5 teaspoon seasoning italian
- 0.1 teaspoon pepper
- 2 cups rotini pasta uncooked (bow-tie) (nugget)

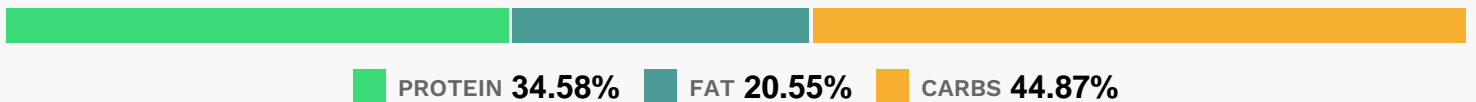
## Equipment

- frying pan

## Directions

- Cut each chicken breast half crosswise into 3 pieces. In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil about 5 minutes, stirring frequently, until brown; move chicken to one side of skillet.
- Add onion, garlic, bell pepper, zucchini and mushrooms to other side of skillet. Cook vegetables about 3 minutes, stirring occasionally, until crisp-tender.
- Stir tomatoes, Italian seasoning and pepper into vegetables and chicken.
- Heat to boiling; reduce heat. Cover and simmer 25 minutes. Meanwhile, cook and drain pasta as directed on package.
- Uncover chicken mixture and simmer 5 minutes longer.
- Serve over pasta.

## Nutrition Facts



## Properties

Glycemic Index:52.5, Glycemic Load:9.91, Inflammation Score:-6, Nutrition Score:19.042173916879%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

## Nutrients (% of daily need)

Calories: 277.91kcal (13.9%), Fat: 6.36g (9.79%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 28.04g (10.2%), Sugar: 5.39g (5.99%), Cholesterol: 54.43mg (18.14%), Sodium: 250.43mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.17%), Selenium: 48.32µg (69.03%), Vitamin B3: 11mg (55%), Vitamin B6: 0.95mg (47.29%), Vitamin C: 31.49mg (38.16%), Phosphorus: 290.65mg (29.06%), Manganese: 0.51mg (25.33%), Potassium: 759.32mg (21.69%), Vitamin B5: 1.82mg (18.2%), Vitamin B2: 0.28mg (16.22%), Magnesium: 59.56mg (14.89%), Copper: 0.28mg (13.78%), Fiber: 3.21g (12.84%), Vitamin K: 13.21µg (12.58%), Vitamin B1: 0.18mg (11.72%), Iron: 2.1mg (11.64%), Vitamin E: 1.32mg (8.79%), Zinc: 1.3mg (8.66%), Folate: 32.54µg (8.13%), Calcium: 59.58mg (5.96%), Vitamin A: 262.17IU (5.24%), Vitamin B12: 0.18µg (2.95%)