



Cacciatore-Style Chicken Bake

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small onion chopped
- 1.5 cups classico family favorites pasta sauce traditional
- 1 small bell pepper green red chopped
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 6 oz stove top stuffing mix for chicken
- 1.7 cups water hot

Equipment

- oven

baking pan

Directions

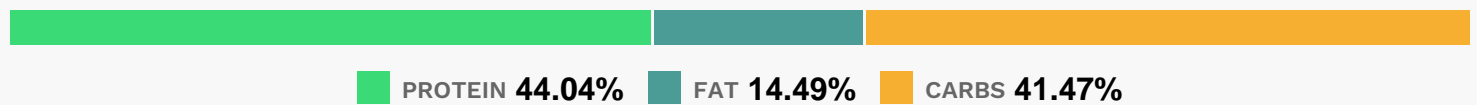
Heat oven to 425F.

Add hot water to stuffing mix; stir just until moistened.

Combine chicken and vegetables in 13x9-inch baking dish sprayed with cooking spray. Cover with pasta sauce; top with stuffing.

Bake 30 min. or until casserole is heated through and chicken is done.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:1.33, Inflammation Score:-6, Nutrition Score:18.442173905995%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 260.54kcal (13.03%), Fat: 4.12g (6.33%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 24.28g (8.83%), Sugar: 5.32g (5.91%), Cholesterol: 72.86mg (24.29%), Sodium: 824.3mg (35.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Selenium: 50.32µg (71.89%), Vitamin B3: 14.14mg (70.71%), Vitamin B6: 0.99mg (49.7%), Phosphorus: 300.5mg (30.05%), Potassium: 709.84mg (20.28%), Vitamin C: 16.43mg (19.91%), Vitamin B5: 1.94mg (19.45%), Vitamin B1: 0.27mg (17.91%), Vitamin B2: 0.27mg (16.14%), Folate: 61.13µg (15.28%), Manganese: 0.28mg (14.05%), Magnesium: 53.07mg (13.27%), Iron: 2.15mg (11.97%), Copper: 0.19mg (9.59%), Fiber: 2.23g (8.94%), Vitamin E: 1.25mg (8.35%), Zinc: 1.1mg (7.32%), Vitamin A: 345.67IU (6.91%), Calcium: 47.63mg (4.76%), Vitamin B12: 0.23µg (3.87%), Vitamin K: 3.21µg (3.06%)