



Caesar Chicken with Orzo

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 pound chicken breast halves boneless skinless
- 1.8 cups chicken broth (from 32-ounce carton)
- 1 cup water
- 1 cup soup noodles uncooked
- 1 pound pearl onions frozen
- 3 tablespoons caesar dressing reduced-fat
- 0.1 teaspoon pepper

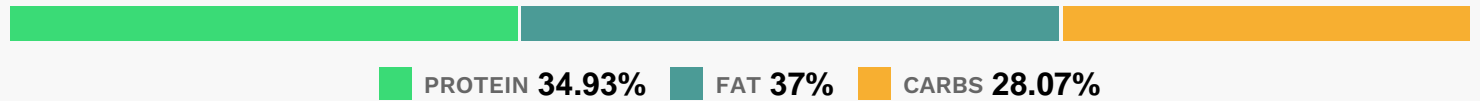
Equipment

frying pan

Directions

- Heat oil in 10-inch skillet over medium-high heat. Cook chicken in oil about 10 minutes or until brown on both sides.
- Remove chicken from skillet; keep warm.
- Add broth and water to skillet; heat to boiling. Stir in pasta; heat to boiling. Cook uncovered 8 to 10 minutes, stirring occasionally. Stir in frozen vegetables and dressing (cut any large broccoli pieces in half).
- Add chicken to pasta mixture; sprinkle with pepper.
- Heat to boiling; reduce heat. Simmer uncovered about 5 minutes or until vegetables are crisp-tender and juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:6.85, Inflammation Score:-6, Nutrition Score:16.800869555577%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 326.42kcal (16.32%), Fat: 13.27g (20.41%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 20.17g (7.33%), Sugar: 5.96g (6.62%), Cholesterol: 78.93mg (26.31%), Sodium: 654.78mg (28.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.36%), Selenium: 46.93µg (67.04%), Vitamin B3: 12.44mg (62.22%), Vitamin B6: 1.01mg (50.48%), Phosphorus: 305.68mg (30.57%), Vitamin B5: 1.84mg (18.39%), Potassium: 641.12mg (18.32%), Manganese: 0.36mg (18.01%), Vitamin K: 18.63µg (17.74%), Magnesium: 50.72mg (12.68%), Vitamin B2: 0.21mg (12.64%), Vitamin C: 9.79mg (11.86%), Vitamin B1: 0.16mg (10.73%), Fiber:

2.48g (9.91%), Zinc: 1.15mg (7.68%), Vitamin E: 1.1mg (7.31%), Folate: 29.01 μ g (7.25%), Copper: 0.14mg (7.25%), Iron: 1.05mg (5.84%), Calcium: 46.36mg (4.64%), Vitamin B12: 0.25 μ g (4.18%)