



Cheesy One-Pot Chicken Cacciatore

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes undrained canned
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 tsp oil
- 1 small onion chopped
- 1 Tbsp oregano fresh chopped
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 2.5 cups water
- 2 zucchini chopped

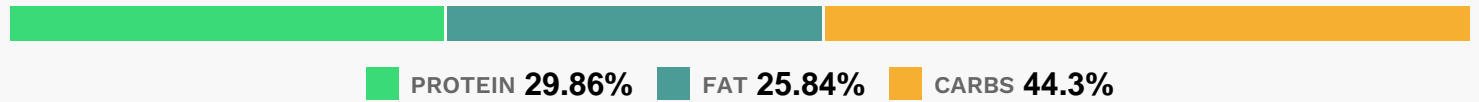
Equipment

- frying pan
- dutch oven

Directions

- Heat oil in Dutch oven or large deep skillet on medium heat.
- Add chicken; cook 5 min. or until evenly browned, stirring frequently.
- Add water, zucchini, onions, oregano and Macaroni; stir. Bring to boil, stirring occasionally; simmer on medium-low heat 12 min. or until macaroni is tender, stirring occasionally.
- Stir in Cheese Sauce and tomatoes; cook 3 to 5 min. or until heated through, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:21.57, Inflammation Score:-8, Nutrition Score:17.284782554792%

Flavonoids

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: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 352.9kcal (17.64%), Fat: 10.21g (15.7%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 39.38g (13.13%), Net Carbohydrates: 36.92g (13.43%), Sugar: 5.07g (5.64%), Cholesterol: 48.38mg (16.13%), Sodium: 692.54mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.1%), Phosphorus: 468.01mg (46.8%), Vitamin B3: 9.04mg (45.2%), Vitamin B6: 0.79mg (39.73%), Selenium: 24.82µg (35.45%), Manganese: 0.62mg (30.78%), Vitamin C: 19.57mg (23.72%), Potassium: 801.9mg (22.91%), Magnesium: 71.54mg (17.88%), Iron: 3.08mg (17.12%), Calcium: 151.59mg (15.16%), Vitamin B5: 1.42mg (14.16%), Vitamin K: 12.23µg (11.65%), Zinc: 1.74mg (11.59%), Vitamin B2: 0.18mg (10.53%), Copper: 0.2mg (10.08%), Fiber: 2.46g (9.85%), Vitamin B1: 0.13mg (8.95%), Vitamin E: 1.33mg (8.9%), Folate: 31.5µg (7.87%), Vitamin A: 309.97IU (6.2%), Vitamin B12: 0.15µg (2.52%)