



Cheesy Tomato-Chicken Skillet

READY IN



25 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 oz potato nuggets uncooked
- 0.8 lb chicken breast for stir-fry
- 10.8 oz cream of chicken soup canned
- 1.5 cups plum tomatoes chopped (Roma) (4 to 5 medium)
- 0.5 cup milk
- 2 tablespoons basil fresh chopped
- 4 oz mozzarella cheese shredded

Equipment

frying pan

Directions

Cook pasta as directed on package.

Drain; cover to keep warm.

Meanwhile, heat 10-inch nonstick skillet over medium-high heat.

Add chicken; cook 4 to 6 minutes, stirring frequently, until chicken is no longer pink in center. Reduce heat to medium; stir in soup, tomatoes, milk and basil.

Stir in cooked pasta. Cook about 8 minutes, stirring occasionally, until bubbly and thoroughly heated.

Sprinkle with cheese.

Remove from heat. Cover; let stand until cheese is melted, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:3.97, Inflammation Score:-7, Nutrition Score:19.133478517118%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 384.3kcal (19.21%), Fat: 20.3g (31.23%), Saturated Fat: 6.72g (41.98%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 14.86g (5.4%), Sugar: 6.37g (7.07%), Cholesterol: 86.58mg (28.86%), Sodium: 827.32mg (35.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.86%), Vitamin B3: 9.77mg (48.83%), Selenium: 34.07µg (48.66%), Vitamin B6: 0.74mg (36.93%), Iron: 6.48mg (36%), Phosphorus: 355.24mg (35.52%), Potassium: 892.99mg (25.51%), Vitamin A: 1197.02IU (23.94%), Calcium: 208.72mg (20.87%), Fiber: 4.8g (19.21%), Vitamin B12: 0.98µg (16.35%), Vitamin C: 13.43mg (16.28%), Vitamin B5: 1.59mg (15.93%), Vitamin B2: 0.26mg (15.3%), Vitamin K: 15.2µg (14.47%), Zinc: 1.83mg (12.17%), Magnesium: 44.89mg (11.22%), Manganese: 0.19mg (9.35%), Copper: 0.18mg (9.01%), Vitamin B1: 0.12mg (8.21%), Vitamin E: 1.13mg (7.53%), Folate: 20.9µg (5.22%), Vitamin D: 0.53µg (3.56%)