



Chicken and Orzo Supper

READY IN



35 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon vegetable oil
- 1 lb chicken breast boneless skinless cut into 1/2- to 3/4-inch pieces
- 1 clove garlic finely chopped
- 1.8 cups chicken broth (from 32-oz carton)
- 6 oz soup noodles uncooked
- 14.5 oz canned tomatoes italian-style undrained canned
- 2 cups zucchini
- 2 tablespoons parmesan shredded

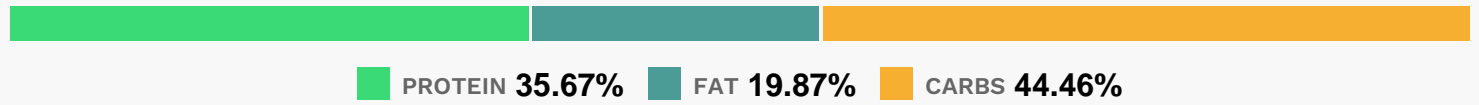
Equipment

frying pan

Directions

- In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken and garlic in oil 4 to 6 minutes, stirring frequently, until chicken is brown.
- Stir in broth and pasta.
- Heat to boiling; reduce heat to medium. Cover and cook 10 to 15 minutes, stirring occasionally, until pasta is tender and most of liquid is absorbed.
- Stir in tomatoes and zucchini. Cook uncovered 5 to 10 minutes, stirring occasionally and breaking up tomatoes with spoon, until zucchini is tender.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:15.16, Inflammation Score:-6, Nutrition Score:24.26869578206%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 377.61kcal (18.88%), Fat: 8.33g (12.82%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 38g (13.82%), Sugar: 7.68g (8.53%), Cholesterol: 76.33mg (25.44%), Sodium: 696.32mg (30.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.65g (67.31%), Selenium: 64.98µg (92.83%), Vitamin B3: 14.32mg (71.61%), Vitamin B6: 1.18mg (58.83%), Phosphorus: 397.56mg (39.76%), Manganese: 0.77mg (38.25%), Potassium: 1001.14mg (28.6%), Vitamin C: 22.15mg (26.85%), Vitamin B5: 2.24mg (22.36%), Magnesium: 86.05mg (21.51%), Copper: 0.39mg (19.65%), Vitamin B2: 0.32mg (18.85%), Vitamin B1: 0.24mg (15.99%), Fiber: 3.95g (15.8%), Iron: 2.64mg (14.69%), Vitamin K: 14.69µg (13.99%), Vitamin E: 1.95mg (12.98%), Zinc: 1.88mg (12.55%), Folate: 40.63µg (10.16%), Calcium: 94.53mg (9.45%), Vitamin A: 400.62IU (8.01%), Vitamin B12: 0.28µg (4.62%)