



Chicken Annie Style

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons olive oil extra virgin
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 bell peppers green cut into thin strips
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cumin

- ☐ 0.5 tablespoon penzey's southwest seasoning italian
- ☐ 2 onions chopped
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 8 ounce pasta like spaghetti uncooked

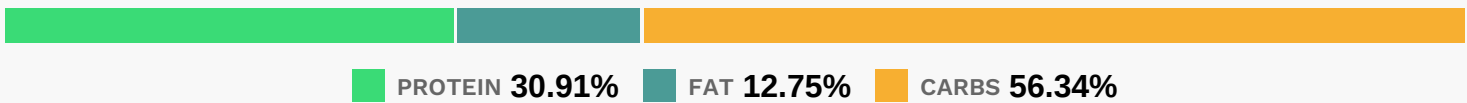
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil, cook the spaghetti for 8 to 10 minutes, until al dente, and drain.
- ☐ Heat the oil in a skillet over medium heat, and saute the onions and peppers until tender.
- ☐ Remove from heat, and set aside.
- ☐ Place the chicken in the skillet, and brown about 5 minutes on each side. Return onions and peppers to skillet, and pour in the tomatoes. Season with Italian seasoning, garlic powder, chili powder, red pepper, cinnamon, and cumin. Cover, reduce heat to low, and cook 25 minutes, or until chicken juices run clear.
- ☐ Serve over the cooked pasta.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:22.42, Inflammation Score:-8, Nutrition Score:33.085217849068%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

Nutrients (% of daily need)

Calories: 459.05kcal (22.95%), Fat: 6.6g (10.16%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 65.67g (21.89%), Net Carbohydrates: 57.67g (20.97%), Sugar: 14.07g (15.63%), Cholesterol: 72.57mg (24.19%), Sodium: 407.56mg (17.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.02g (72.04%), Selenium: 73.79µg (105.41%), Vitamin C: 71.55mg (86.73%), Vitamin B3: 15.64mg (78.22%), Vitamin B6: 1.45mg (72.39%), Manganese: 1.1mg (54.89%), Phosphorus: 440.6mg (44.06%), Potassium: 1332.95mg (38.08%), Fiber: 8g (32%), Copper: 0.63mg (31.44%), Magnesium: 113.47mg (28.37%), Vitamin B5: 2.55mg (25.51%), Iron: 4.43mg (24.6%), Vitamin E: 3.54mg (23.61%), Vitamin B1: 0.34mg (22.38%), Vitamin K: 20.93µg (19.94%), Vitamin B2: 0.29mg (17.04%), Vitamin A: 804.73IU (16.09%), Zinc: 2.21mg (14.75%), Folate: 58.71µg (14.68%), Calcium: 116.39mg (11.64%), Vitamin B12: 0.23µg (3.78%)