



Chicken Cacciatore



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken breast tenders cut into bite-sized pieces
- ☐ 2 teaspoons creole seasoning
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion frozen chopped
- ☐ 2 cups chunky pasta sauce
- ☐ 1 cup pepper stir-fry frozen chopped
- ☐ 3.5 ounce boil-in-bag rice long-grain
- ☐ 0.5 cup water

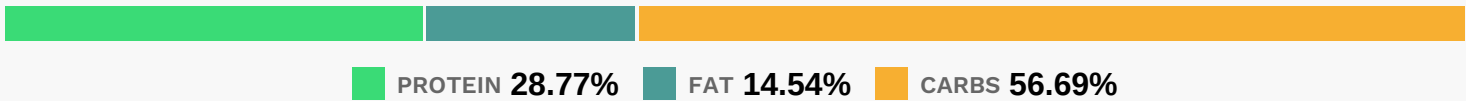
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Place frozen peppers in a colander, and rinse with cold water 30 seconds; drain well.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, onion, and Creole seasoning; saut 4 minutes or until chicken is browned and onion is tender.
- ☐ Add peppers, pasta sauce, and water. Bring to a boil; cover, reduce heat, and simmer 5 minutes or until thoroughly heated.
- ☐ Combine rice and chicken mixture.

Nutrition Facts



Properties

Glycemic Index:49.3, Glycemic Load:21.86, Inflammation Score:-9, Nutrition Score:37.657826257789%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 426.53kcal (21.33%), Fat: 7.59g (11.68%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 66.6g (22.2%), Net Carbohydrates: 48.86g (17.77%), Sugar: 5.72g (6.36%), Cholesterol: 72.57mg (24.19%), Sodium: 727.88mg (31.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.8g (67.6%), Manganese: 8.01mg (400.34%), Vitamin K: 102.59µg (97.71%), Vitamin B3: 14.22mg (71.12%), Fiber: 17.74g (70.94%), Selenium: 43.85µg (62.65%), Vitamin B6: 1.23mg (61.54%), Copper: 1.03mg (51.45%), Potassium: 1647.35mg (47.07%), Iron: 7.67mg (42.6%), Phosphorus: 401.92mg (40.19%), Magnesium: 159.02mg (39.75%), Vitamin B5: 3.1mg (30.98%), Calcium: 298.77mg (29.88%),

Vitamin A: 1304.48IU (26.09%), Vitamin E: 3.21mg (21.41%), Vitamin B2: 0.33mg (19.19%), Vitamin C: 12.18mg (14.76%), Zinc: 1.96mg (13.09%), Vitamin B1: 0.2mg (13.05%), Folate: 32.46µg (8.12%), Vitamin B12: 0.23µg (3.78%)