



Chicken Cacciatore and Pasta

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 1.8 cups chicken stock see swanson®
- 1 teaspoon garlic powder
- 1 small bell pepper green cut into 2-inch long strips
- 0.3 teaspoon ground pepper black
- 1 medium onion cut into wedges
- 1 teaspoon oregano leaves dried crushed
- 2.5 cups soup noodles shell-shaped uncooked

- 4 chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

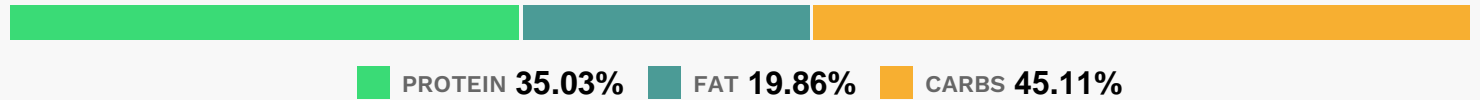
Equipment

- frying pan

Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until it's well browned on both sides.
- Stir the stock, oregano, garlic powder, tomatoes, green pepper, onion and black pepper in the skillet and heat to a boil. Stir in the pasta. Reduce the heat to low. Cover and cook for 15 minutes or until the pasta is tender.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:14.03, Inflammation Score:-8, Nutrition Score:24.324347558229%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 387.51kcal (19.38%), Fat: 8.53g (13.12%), Saturated Fat: 1.67g (10.47%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 39.35g (14.31%), Sugar: 8.83g (9.81%), Cholesterol: 75.47mg (25.16%), Sodium: 421.39mg (18.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.85g (67.71%), Selenium: 63.13µg (90.19%), Vitamin B3: 15.49mg (77.45%), Vitamin B6: 1.21mg (60.51%), Phosphorus: 385.13mg (38.51%), Vitamin C: 27.95mg (33.88%), Manganese: 0.66mg (32.76%), Potassium: 1002.52mg (28.64%), Vitamin B5: 2.12mg (21.22%), Copper: 0.42mg (20.77%), Magnesium: 80.75mg (20.19%), Vitamin B2: 0.29mg (17.34%), Fiber: 4.25g (16.98%), Vitamin B1: 0.25mg (16.49%), Vitamin K: 16.97µg (16.16%), Iron: 2.82mg (15.68%), Vitamin E: 2.02mg (13.48%), Zinc: 1.72mg (11.45%), Folate: 38.51µg (9.63%), Calcium: 68.92mg (6.89%), Vitamin A: 336.19IU (6.72%), Vitamin B12: 0.23µg (3.77%)