



## Chicken Cacciatore & Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 14.5 ounces canned tomatoes diced canned
- ☐ 4 chicken breasts halves boneless skinless
- ☐ 1.8 cups chicken stock see swanson®
- ☐ 1 teaspoon garlic powder
- ☐ 1 small bell pepper green cut into 2-inch-long strips ( 1 cup)
- ☐ 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
- ☐ 1 tablespoon vegetable oil

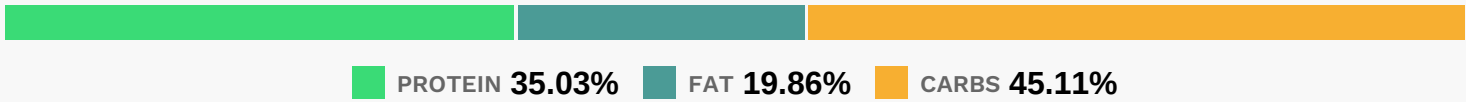
## Equipment

- ☐ 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%)