



Chicken Cacciatore Pronto

READY IN



45 min.

SERVINGS



45

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced italian-style undrained canned
- 3 cloves garlic minced
- 1 Tbsp 1 tbsp. kraft lite zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 2 small pasilla peppers red chopped
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 1.5 lb chicken thighs bone-in skinless
- 0.3 cup tomato paste
- 0.5 lb pasta like spaghetti whole wheat uncooked

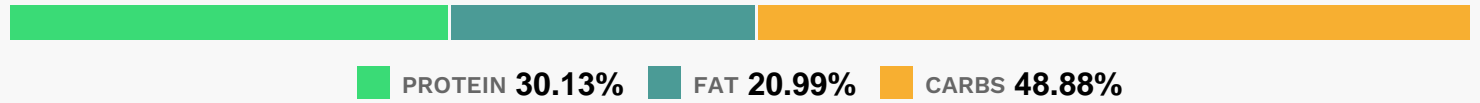
Equipment

frying pan

Directions

- Heat dressing in large nonstick skillet on medium-high heat.
- Add chicken; cook 10 min. or until evenly browned, turning occasionally.
- Stir in next 4 ingredients; cover. Simmer on medium-low heat 20 min. or until chicken is done (165F), stirring occasionally. Meanwhile, cook spaghetti as directed on package, omitting salt.
- Remove skillet from heat.
- Add Parmesan to chicken mixture; stir.
- Sprinkle with mozzarella; let stand 5 min. or until melted.
- Drain spaghetti; place on platter. Top with chicken mixture.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:3.1108695911648%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 40.76kcal (2.04%), Fat: 0.99g (1.52%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.87g (1.77%), Sugar: 0.81g (0.9%), Cholesterol: 10.08mg (3.36%), Sodium: 56.39mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Manganese: 0.19mg (9.27%), Selenium: 6.33µg (9.04%), Vitamin C: 5.51mg (6.68%), Vitamin B3: 0.97mg (4.84%), Phosphorus: 43.54mg (4.35%), Vitamin B6: 0.08mg (4.11%), Vitamin A: 167.06IU (3.34%), Magnesium: 12.78mg (3.19%), Vitamin B1: 0.04mg (2.89%), Copper: 0.05mg (2.64%), Potassium: 88.57mg (2.53%), Iron: 0.45mg (2.52%), Zinc: 0.36mg (2.43%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.2mg (2.01%), Calcium: 18.36mg (1.84%), Vitamin E: 0.27mg (1.83%), Vitamin B12: 0.09µg (1.57%), Folate: 6.25µg (1.56%), Fiber: 0.32g (1.28%), Vitamin K: 1.34µg (1.27%)