



# Chicken Cacciatore with Creamy Mashed Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup lite balsamic vinaigrette dressing kraft
- 14.5 oz canned tomatoes diced italian-style undrained canned
- 1.5 cups cauliflower florets fresh
- 0.5 cup philadelphia chive & onion 1/3 less fat than cream cheese ( )
- 0.3 cup basil fresh chopped
- 8 oz mushrooms fresh sliced
- 0.8 lb potatoes red cut into 1-inch chunks ( 2)

- 1 lb chicken breasts boneless skinless
- 1 bell pepper green yellow chopped

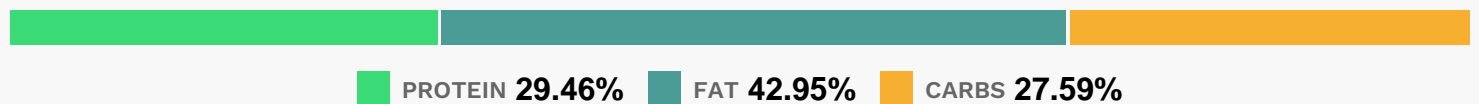
## Equipment

- frying pan
- sauce pan

## Directions

- Cook potatoes and cauliflower in boiling water in large saucepan 20 min. or until tender.
- Meanwhile, cook chicken in large nonstick skillet sprayed with cooking spray on medium heat 3 to 4 min. on each side or until golden brown.
- Transfer to plate; cover to keep warm.
- Add dressing, mushrooms and peppers to skillet; cook and stir 6 min.
- Add tomatoes; simmer 8 min. Return chicken to skillet; spoon sauce over chicken. Simmer 3 min. or until chicken is done (165F).
- Drain potato mixture; return to pan.
- Add reduced-fat cream cheese; mash until potato mixture is fluffy.
- Serve topped with chicken, vegetables and basil.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:2.97, Inflammation Score:-8, Nutrition Score:28.077825784683%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 428.37kcal (21.42%), Fat: 20.67g (31.8%), Saturated Fat: 5.74g (35.9%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 24.63g (8.95%), Sugar: 10.04g (11.15%), Cholesterol: 90.17mg (30.06%), Sodium: 694.7mg

(30.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.8%), Vitamin B3: 16.45mg (82.27%), Vitamin C: 61.58mg (74.65%), Vitamin B6: 1.35mg (67.25%), Selenium: 42.83µg (61.19%), Potassium: 1456.57mg (41.62%), Phosphorus: 394.95mg (39.5%), Vitamin B5: 3.27mg (32.7%), Copper: 0.55mg (27.65%), Vitamin B2: 0.45mg (26.65%), Manganese: 0.46mg (23.16%), Vitamin K: 22.38µg (21.31%), Fiber: 5.25g (20.98%), Magnesium: 83.41mg (20.85%), Vitamin B1: 0.3mg (20.05%), Folate: 68.21µg (17.05%), Iron: 2.97mg (16.48%), Vitamin A: 719.68IU (14.39%), Vitamin E: 1.67mg (11.11%), Zinc: 1.66mg (11.09%), Calcium: 101.69mg (10.17%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.23µg (1.51%)