



Chicken Cacciatore with Creamy Mashed Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup lite balsamic vinaigrette dressing kraft
- ☐ 14.5 ounce canned tomatoes diced italian-style undrained canned
- ☐ 1.5 cups cauliflower florets fresh
- ☐ 0.5 cup philadelphia chive & onion
- ☐ 0.3 cup basil fresh chopped
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 bell pepper green chopped

- ☐ 0.8 pound potatoes red cut into 1-inch chunks
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 1 bell pepper yellow chopped

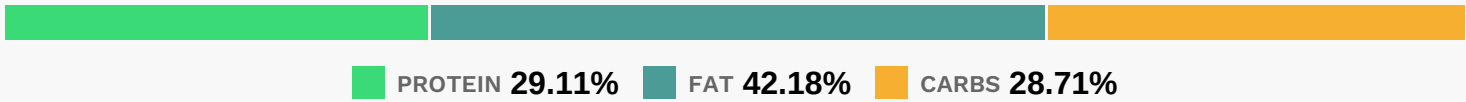
Equipment

- ☐ 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 (165 degrees F).
- ☐ 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:29.953912683155%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 436.41kcal (21.82%), Fat: 20.73g (31.89%), Saturated Fat: 5.75g (35.96%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 26.24g (9.54%), Sugar: 10.04g (11.15%), Cholesterol: 90.17mg (30.06%), Sodium: 695.3mg (30.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.2g (64.4%), Vitamin C: 116.18mg (140.82%), Vitamin B3: 16.72mg (83.59%), Vitamin B6: 1.39mg (69.75%), Selenium: 42.92µg (61.32%), Potassium: 1519.64mg (43.42%), Phosphorus: 402.09mg (40.21%), Vitamin B5: 3.32mg (33.2%), Copper: 0.58mg (29.24%), Vitamin B2: 0.46mg (27.09%), Manganese: 0.5mg (24.9%), Fiber: 5.51g (22.05%), Magnesium: 86.98mg (21.75%), Vitamin K: 22.38µg (21.31%), Vitamin B1: 0.31mg (20.6%), Folate: 75.95µg (18.99%), Iron: 3.1mg (17.24%), Vitamin A: 779.18IU (15.58%), Zinc: 1.71mg (11.42%), Vitamin E: 1.67mg (11.11%), Calcium: 104.97mg (10.5%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.23µg (1.51%)