



## Chicken Italian

READY IN



30 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon basil leaves dried
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 19 ounce vegetable classics tomato soup hearty progresso® canned

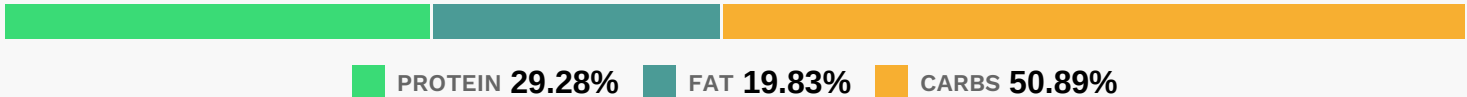
# Equipment

☐ frying pan

# Directions

- ☐ Cook and drain spaghetti as directed on package.
- ☐ Meanwhile, in 10-inch skillet, heat oil over medium-high heat until hot. Cook garlic and chicken in oil 3 to 4 minutes on each side until chicken is light brown.
- ☐ Sprinkle basil and pepper flakes on chicken.
- ☐ Pour soup over chicken; sprinkle with cheese. Cover and simmer 10 minutes.

# Nutrition Facts



# Properties

Glycemic Index:33.88, Glycemic Load:24.18, Inflammation Score:-7, Nutrition Score:23.786521636921%

# Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

# Nutrients (% of daily need)

Calories: 504.61kcal (25.23%), Fat: 11.05g (17%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 63.82g (21.27%), Net Carbohydrates: 60.35g (21.95%), Sugar: 12.77g (14.19%), Cholesterol: 83.63mg (27.88%), Sodium: 732.96mg (31.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.41%), Selenium: 78.79µg (112.55%), Vitamin B3: 14mg (69.99%), Vitamin B6: 1.08mg (53.77%), Phosphorus: 439.96mg (44%), Manganese: 0.78mg (38.93%), Potassium: 1328.5mg (37.96%), Vitamin C: 19.2mg (23.28%), Magnesium: 83.53mg (20.88%), Vitamin B5: 1.89mg (18.92%), Zinc: 2.15mg (14.33%), Vitamin A: 695.59IU (13.91%), Fiber: 3.46g (13.86%), Copper: 0.27mg (13.72%), Iron: 2.3mg (12.8%), Vitamin B2: 0.21mg (12.53%), Vitamin B1: 0.19mg (12.52%), Calcium: 114.54mg (11.45%), Vitamin K: 11.47µg (10.92%), Vitamin B12: 0.55µg (9.1%), Vitamin E: 1.34mg (8.95%), Folate: 16.58µg (4.14%), Vitamin D: 0.17µg (1.13%)