



HEALTH SCORE

100%

Chicken Italiano



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices oscar mayer bacon chopped
- 3 carrots peeled sliced
- 2 stalks celery sliced
- 0.3 cup basil fresh chopped
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1 onion chopped
- 2 Tbsp parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional

- 4 cups penne pasta uncooked
- 2 lb chicken thighs boneless skinless

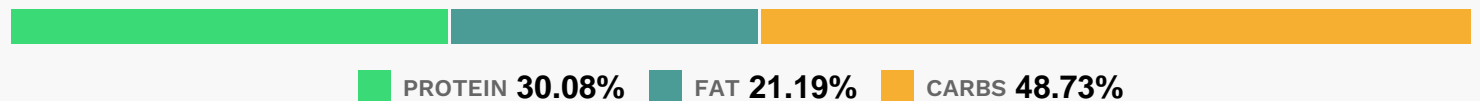
Equipment

- frying pan
- paper towels
- slotted spoon
- dutch oven

Directions

- Cook and stir bacon in Dutch oven or large deep skillet on medium heat until crisp.
- Remove bacon from pan with slotted spoon; drain on paper towels.
- Add chicken to drippings in pan; cook 3 min. on each side or until browned on both sides.
- Transfer chicken to plate.
- Add carrots, celery and onions to drippings in pan; cook 5 min., stirring frequently. Stir in pasta sauce and dressing.
- Add chicken and any juices from plate; simmer on medium-low heat 30 min. or until chicken is done (165F), stirring occasionally. Meanwhile, cook pasta as directed on package, omitting salt.
- Drain pasta; place on plate. Top with chicken mixture; sprinkle with bacon, basil and cheese.

Nutrition Facts



Properties

Glycemic Index:262.83, Glycemic Load:155.22, Inflammation Score:-10, Nutrition Score:87.09304335843%

Flavonoids

Apigenin: 2.29mg, Apigenin: 2.29mg, Apigenin: 2.29mg, Apigenin: 2.29mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 23.03mg, Quercetin: 23.03mg, Quercetin: 23.03mg, Quercetin: 23.03mg

23.03mg, Quercetin: 23.03mg

Nutrients (% of daily need)

Calories: 3410.53kcal (170.53%), Fat: 79.5g (122.32%), Saturated Fat: 20.14g (125.9%), Carbohydrates: 411.4g (137.13%), Net Carbohydrates: 378.42g (137.61%), Sugar: 57.02g (63.35%), Cholesterol: 899.57mg (299.86%), Sodium: 5304.01mg (230.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 253.98g (507.95%), Selenium: 508.1µg (725.85%), Vitamin A: 34537.61IU (690.75%), Vitamin B3: 69.15mg (345.75%), Phosphorus: 2984.72mg (298.47%), Vitamin B6: 5.96mg (297.93%), Manganese: 5.59mg (279.3%), Potassium: 6373.63mg (182.1%), Vitamin B5: 16.05mg (160.49%), Zinc: 23.4mg (156.02%), Magnesium: 606.53mg (151.63%), Vitamin B2: 2.57mg (151.42%), Vitamin K: 151.82µg (144.59%), Copper: 2.8mg (140.05%), Fiber: 32.98g (131.9%), Iron: 21.15mg (117.49%), Vitamin B1: 1.71mg (114.06%), Vitamin B12: 6.16µg (102.68%), Vitamin E: 14.95mg (99.64%), Vitamin C: 70.36mg (85.28%), Folate: 267.67µg (66.92%), Calcium: 497.95mg (49.79%), Vitamin D: 0.23µg (1.51%)