



Chicken Italiano Skillet

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 1 bell pepper green chopped
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 small onion cut into thin wedges
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 1 cup water

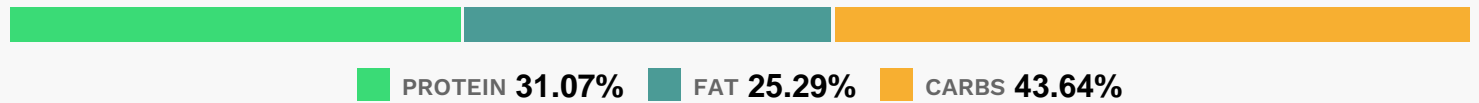
Equipment

- frying pan

Directions

- Cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. or until chicken is no longer pink.
- Add peppers and onions; cook and stir 5 min. or until chicken is done.
- Stir in tomatoes, water and Macaroni. Bring to boil; cover. Simmer on low heat 10 min. or until macaroni is tender, stirring occasionally.
- Add Cheese Sauce; stir until blended.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:30.08, Inflammation Score:-6, Nutrition Score:21.051304423291%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 490.5kcal (24.52%), Fat: 13.72g (21.11%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 53.28g (17.76%), Net Carbohydrates: 51.49g (18.72%), Sugar: 3.82g (4.24%), Cholesterol: 72.57mg (24.19%), Sodium: 1038.03mg (45.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.93g (75.86%), Phosphorus: 655.98mg (65.6%), Vitamin B3: 12.7mg (63.48%), Vitamin B6: 1.05mg (52.36%), Selenium: 36.47µg (52.11%), Vitamin C: 35.8mg (43.4%), Manganese: 0.62mg (30.93%), Potassium: 879.2mg (25.12%), Magnesium: 79.45mg (19.86%), Iron: 3.57mg (19.85%), Calcium: 189.08mg (18.91%), Vitamin B5: 1.78mg (17.84%), Zinc: 2.16mg (14.41%), Vitamin B2: 0.18mg (10.65%), Vitamin B1: 0.14mg (9.48%), Fiber: 1.8g (7.18%), Copper: 0.14mg (6.75%), Vitamin E: 1mg (6.69%), Vitamin A: 260.54IU (5.21%), Vitamin K: 5.38µg (5.12%), Folate: 18.77µg (4.69%), Vitamin B12: 0.23µg (3.78%)