



Chicken Margherita

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil fresh thinly sliced
- 4 oz mozzarella cheese fresh
- 1 tablespoon olive oil
- 2 cups pasta sauce ragu® old world style®
- 1 lb chicken breast halves boneless skinless

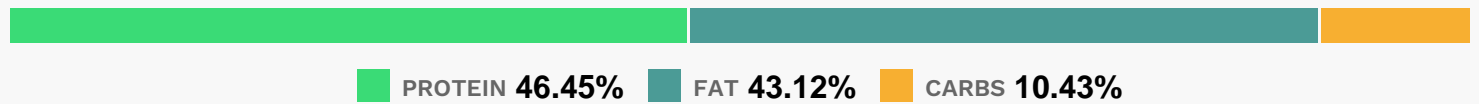
Equipment

- frying pan

Directions

- Season chicken, if desired, with salt and black pepper.
- Heat oil in 12-inch nonstick skillet over medium-high heat and brown chicken, turning once, about 5 minutes.
- Add Pasta Sauce and simmer covered 5 minutes or until chicken is thoroughly cooked. Top chicken with cheese, then let stand until cheese is melted, about 1 minute.
- Garnish with basil.
- Serve, if desired, with hot cooked penne pasta topped with additional Pasta Sauce, heated. Preparation time: 5 Minute(s) Cook time: 10 Minute(s)

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.28, Inflammation Score:-6, Nutrition Score:18.74565222989%

Nutrients (% of daily need)

Calories: 274.89kcal (13.74%), Fat: 13.15g (20.23%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.66g (5.17%), Cholesterol: 94.97mg (31.66%), Sodium: 890.05mg (38.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Vitamin B3: 13.08mg (65.4%), Selenium: 41.84µg (59.78%), Vitamin B6: 0.98mg (49.07%), Phosphorus: 372.13mg (37.21%), Potassium: 807.93mg (23.08%), Vitamin B5: 2.04mg (20.37%), Vitamin E: 2.55mg (16.97%), Calcium: 167.79mg (16.78%), Vitamin A: 808.84IU (16.18%), Vitamin B2: 0.27mg (16.12%), Vitamin B12: 0.87µg (14.55%), Magnesium: 54.17mg (13.54%), Vitamin C: 10.12mg (12.26%), Zinc: 1.76mg (11.75%), Vitamin K: 10.57µg (10.06%), Iron: 1.77mg (9.84%), Copper: 0.18mg (8.92%), Manganese: 0.17mg (8.4%), Fiber: 1.85g (7.41%), Vitamin B1: 0.11mg (7.39%), Folate: 18.23µg (4.56%), Vitamin D: 0.23µg (1.51%)