



Chicken 'N Peppers Pasta Skillet

READY IN



35 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large bell pepper green cut into short thin strips
- 2 cups multi-grain penne pasta uncooked
- 1 small onion chopped
- 2 Tbsp parmesan cheese grated kraft
- 2 cups classico family favorites pasta sauce traditional
- 1 large bell pepper red cut into short thin strips
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

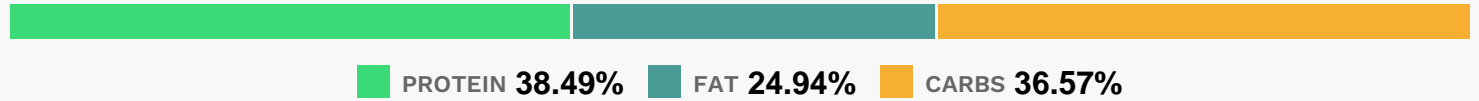
Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt. Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium-high heat.
- Add chicken; cook and stir 2 min.
- Add vegetables; cook 6 to 8 min. or until chicken is done and vegetables are crisp-tender, stirring occasionally.
- Drain pasta.
- Add to chicken mixture along with the sauce; cook 5 min. or until heated through, stirring occasionally.
- Top with mozzarella; cover.
- Remove from heat.
- Let stand 1 to 2 min. or until cheese is melted; top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:22.516956640326%

Flavonoids

Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 255.64kcal (12.78%), Fat: 7.26g (11.17%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 21.5g (7.82%), Sugar: 5.4g (6%), Cholesterol: 64.58mg (21.53%), Sodium: 624.98mg (27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.22g (50.44%), Vitamin C: 64.45mg (78.12%), Selenium: 43.12µg (61.61%), Vitamin B3: 10.15mg (50.77%), Vitamin B6: 0.85mg (42.69%), Manganese: 0.8mg (39.79%), Phosphorus: 325.01mg (32.5%), Vitamin A: 1474.07IU (29.48%), Potassium: 705.06mg (20.14%), Magnesium: 72mg

(18%), Vitamin B5: 1.69mg (16.86%), Vitamin B2: 0.25mg (14.7%), Calcium: 139.54mg (13.95%), Vitamin B1: 0.21mg (13.82%), Vitamin E: 1.9mg (12.66%), Zinc: 1.83mg (12.22%), Iron: 2.11mg (11.75%), Copper: 0.24mg (11.75%), Folate: 40.7µg (10.18%), Vitamin B12: 0.6µg (9.99%), Fiber: 2.46g (9.85%), Vitamin K: 6.3µg (6%), Vitamin D: 0.16µg (1.06%)