



Chicken 'n Peppers Pasta Skillet for Two

READY IN



25 min.

SERVINGS



25

CALORIES



26 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup onions chopped
- 1 cup classico family favorites pasta sauce traditional
- 0.5 cup pepper strips green thin
- 1 cup rotini pasta uncooked
- 0.3 cup milk mozzarella cheese shredded 2% kraft
- 0.5 lb chicken breasts boneless skinless cut into bite-size pieces

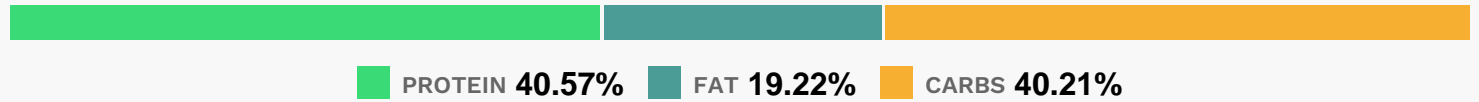
Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook chicken in large skillet sprayed with cooking spray on medium heat 5 min., stirring occasionally.
- Add vegetables; cook 3 to 5 min. or until chicken is done and vegetables are crisp-tender, stirring occasionally.
- Drain pasta.
- Add to chicken mixture along with the pasta sauce; mix lightly. Cook 5 min. or until heated through, stirring occasionally. Top with cheese; cover.
- Remove from heat.
- Let stand 2 to 3 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:1.8656521944896%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 26.19kcal (1.31%), Fat: 0.56g (0.86%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.56g (0.63%), Cholesterol: 6.69mg (2.23%), Sodium: 64.3mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Selenium: 4.68µg (6.68%), Vitamin B3: 1.1mg (5.51%), Vitamin B6: 0.09mg (4.5%), Vitamin C: 3.31mg (4.01%), Phosphorus: 31.26mg (3.13%), Potassium: 76.43mg (2.18%), Manganese: 0.04mg (1.99%), Vitamin B5: 0.18mg (1.76%), Magnesium: 5.78mg (1.45%), Vitamin A: 63.78IU (1.28%), Vitamin B2: 0.02mg (1.25%), Fiber: 0.3g (1.21%), Copper: 0.02mg (1.17%), Vitamin E: 0.17mg (1.16%)