



Chicken-Pasta Skillet

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bell pepper green cut into strips
- 1 small onion sliced
- 24 oz classico family favorites pasta sauce traditional
- 2 cups rotini pasta uncooked
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 1.5 cups water

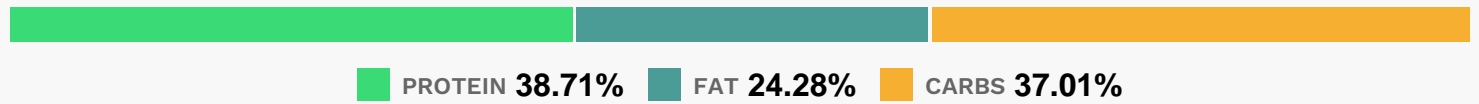
Equipment

frying pan

Directions

- Cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 5 min.
- Add vegetables; cook and stir 5 min. Stir in water. Bring to boil.
- Add pasta; stir until completely covered with water. Cover with lid; simmer on medium-low heat 15 min. or until pasta is tender. Stir in sauce.
- Sprinkle with cheese. Cook, covered, on low heat 5 min. or until cheese is melted and pasta mixture is heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:12.54, Inflammation Score:-8, Nutrition Score:26.016956640326%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 378.35kcal (18.92%), Fat: 10.23g (15.73%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 30.75g (11.18%), Sugar: 8.6g (9.56%), Cholesterol: 94.69mg (31.56%), Sodium: 1121.19mg (48.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.68g (73.37%), Selenium: 61.12µg (87.31%), Vitamin B3: 14.22mg (71.08%), Vitamin B6: 1.16mg (57.83%), Vitamin C: 38.48mg (46.64%), Phosphorus: 450.91mg (45.09%), Potassium: 1090.55mg (31.16%), Manganese: 0.54mg (27.07%), Vitamin B5: 2.36mg (23.61%), Vitamin A: 1070.24IU (21.4%), Magnesium: 82.11mg (20.53%), Vitamin B2: 0.33mg (19.66%), Vitamin E: 2.86mg (19.1%), Calcium: 186.85mg (18.68%), Copper: 0.36mg (17.83%), Fiber: 4.31g (17.26%), Zinc: 2.35mg (15.67%), Iron: 2.7mg (15.02%), Vitamin B12: 0.87µg (14.42%), Vitamin B1: 0.17mg (11.59%), Folate: 33.5µg (8.38%), Vitamin K: 7.93µg (7.56%), Vitamin D: 0.23µg (1.5%)