



Chicken Saute with Mushrooms and Peppers

READY IN



26 min.

SERVINGS



26

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp pepper black
- 1 Tbsp olive oil extra virgin
- 1 lb mushrooms fresh sliced
- 2 cloves garlic minced
- 2 pasilla peppers green cut into thin strips
- 0.3 cup parmesan cheese grated kraft
- 16 oz rigatoni pasta
- 1.5 lb chicken breasts boneless skinless cut into strips
- 24 oz classico tomato and basil pasta sauce

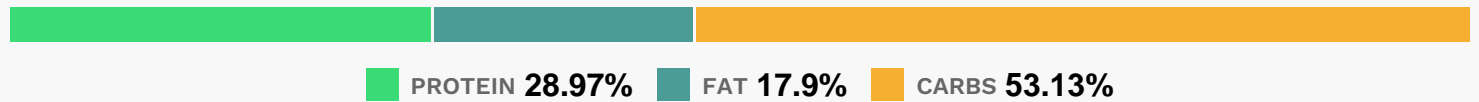
Equipment

- bowl
- frying pan
- dutch oven

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in Dutch oven or deep large skillet on medium heat.
- Add chicken, garlic and black pepper; mix well. Cook 5 min., stirring occasionally.
- Add mushrooms and green peppers; stir. Cook 5 min. or until chicken is done. Stir in pasta sauce; simmer 5 min., stirring occasionally.
- Drain pasta; place in large bowl.
- Add half the chicken mixture; mix lightly. Top with remaining chicken mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:5.62, Glycemic Load:5.41, Inflammation Score:-3, Nutrition Score:6.8821738517803%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 129.62kcal (6.48%), Fat: 2.54g (3.91%), Saturated Fat: 0.58g (3.66%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 15.25g (5.55%), Sugar: 2.92g (3.24%), Cholesterol: 17.86mg (5.95%), Sodium: 153.43mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.53%), Selenium: 21.5µg (30.72%), Vitamin B3: 3.7mg (18.51%), Vitamin B6: 0.26mg (13.17%), Vitamin C: 9.37mg (11.36%), Phosphorus: 113.27mg (11.33%), Manganese: 0.19mg (9.53%), Potassium: 294.51mg (8.41%), Vitamin B5: 0.72mg (7.24%), Fiber: 1.74g (6.94%), Vitamin B2: 0.11mg (6.71%), Copper: 0.12mg (6.02%), Magnesium: 19.08mg (4.77%), Vitamin A: 209.95IU (4.2%), Zinc: 0.56mg (3.73%), Vitamin B1: 0.05mg (3.51%), Iron: 0.61mg (3.38%), Calcium: 26.63mg (2.66%), Folate: 8.16µg (2.04%), Vitamin B12:

0.08µg (1.28%), Vitamin E: 0.19mg (1.26%), Vitamin K: 1.13µg (1.07%)