



Chicken Sorrento

READY IN



40 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 3 cups penne pasta cooked drained
- 2 tablespoons basil leaves fresh chopped
- 24 ounce veggie smart chunky & savory sauce italian prego®
- 0.3 cup parmesan cheese grated
- 1 pound chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

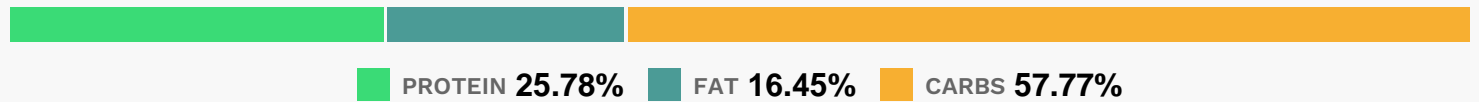
Equipment

frying pan

Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until well browned on both sides.
- Remove the chicken from the skillet.
- Stir the sauce and vinegar in the skillet and cook for 2 minutes, stirring often. Stir in the basil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Slice the chicken.
- Serve the chicken and sauce over the penne.
- Sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:9.67, Inflammation Score:-3, Nutrition Score:14.973043548024%

Nutrients (% of daily need)

Calories: 501.16kcal (25.06%), Fat: 8.86g (13.63%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 69.97g (23.32%), Net Carbohydrates: 68.81g (25.02%), Sugar: 40.85g (45.39%), Cholesterol: 78.01mg (26%), Sodium: 2284.6mg (99.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.45%), Selenium: 55.31µg (79.01%), Vitamin B3: 12.1mg (60.48%), Vitamin B6: 0.89mg (44.36%), Phosphorus: 316.82mg (31.68%), Vitamin B5: 1.71mg (17.1%), Potassium: 471.03mg (13.46%), Manganese: 0.25mg (12.48%), Magnesium: 44.75mg (11.19%), Vitamin K: 10.74µg (10.22%), Vitamin B2: 0.15mg (8.73%), Zinc: 1.27mg (8.45%), Iron: 1.35mg (7.52%), Calcium: 69.31mg (6.93%), Vitamin B1: 0.09mg (5.82%), Vitamin B12: 0.31µg (5.19%), Copper: 0.1mg (5.14%), Fiber: 1.16g (4.65%), Vitamin E: 0.57mg (3.81%), Vitamin A: 140.83IU (2.82%), Folate: 10.05µg (2.51%), Vitamin C: 1.54mg (1.87%)