



Chicken Vegetable Marinara

READY IN



55 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon chopped reduced-sodium
- 3 large carrots diagonally sliced ()
- 0.5 cup cracker barrel 4 cheese italiano cheese light shredded
- 1 Tbsp penzey's southwest seasoning dried italian
- 2 cups 5%-less-sodium chicken broth
- 1 onion chopped
- 3 cups rotini pasta whole wheat uncooked
- 450 g chicken breasts boneless skinless cut into 1-inch chunks
- 1.5 cups classico di napoli tomato & basil pasta sauce

- 2 cups water
- 2 zucchini quartered cut into 1/2-inch-thick slices

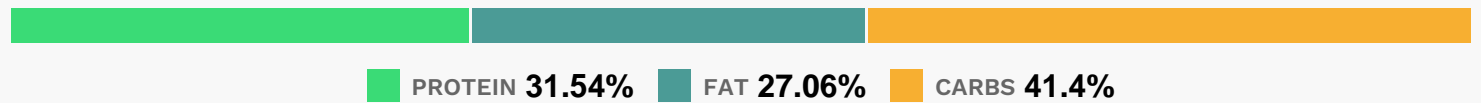
Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- Cook and stir bacon in large saucepan on medium heat 4 min. or until crisp. Use slotted spoon to transfer bacon to medium bowl, reserving drippings in pan.
- Add chicken and seasoning to drippings; cook and stir 4 min. or until chicken is no longer pink.
- Add to bacon; set aside.
- Add carrots and onions to saucepan; cook and stir 2 min.
- Add broth, water, pasta sauce and pasta; stir. Bring to boil on high heat; simmer on medium-low heat 12 min. Stir in zucchini and chicken mixture; simmer 8 to 10 min. or until pasta and vegetables are tender and chicken is done.
- Top with cheese.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:16.21, Inflammation Score:-10, Nutrition Score:31.681304283764%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 504.44kcal (25.22%), Fat: 15.12g (23.26%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 45.6g (16.58%), Sugar: 11g (12.23%), Cholesterol: 93.39mg (31.13%), Sodium: 562.47mg (24.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.64g (79.29%), Vitamin A: 9699.66IU (193.99%), Selenium: 71.09µg (101.56%), Vitamin B3: 15.63mg (78.14%), Vitamin B6: 1.24mg (61.88%), Phosphorus: 503.2mg (50.32%), Manganese: 0.78mg (39.03%), Potassium: 1285.22mg (36.72%), Vitamin C: 26.39mg (31.99%), Fiber: 6.43g (25.72%), Vitamin B5: 2.31mg (23.09%), Magnesium: 90.84mg (22.71%), Vitamin B2: 0.38mg (22.56%), Calcium: 198.54mg (19.85%), Vitamin K: 19.83µg (18.89%), Zinc: 2.59mg (17.26%), Copper: 0.34mg (17.18%), Vitamin B1: 0.24mg (16.1%), Iron: 2.63mg (14.62%), Folate: 57.53µg (14.38%), Vitamin B12: 0.55µg (9.13%), Vitamin E: 1.12mg (7.49%), Vitamin D: 0.24µg (1.61%)