



Chicken With Chipotle-Tomato Sauce and Ziti

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bell pepper strips green
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1 cup tomatoes canned crushed undrained
- ☐ 1 tablespoon chipotle chile in adobo sauce canned minced
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 8 ounce pre mushrooms
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound chicken breast boneless skinless cut into bite-size pieces
- ☐ 8 ounces ziti tube-shaped uncooked (short pasta)

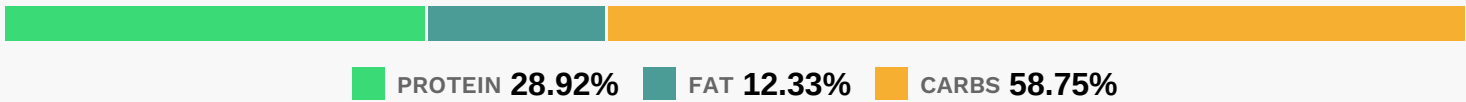
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes or until lightly browned.
- ☐ Add onion and garlic; cook 2 minutes.
- ☐ Add bell pepper and mushrooms; cook 5 minutes or until tender. Stir in remaining ingredients; cook 6 minutes or until thoroughly heated.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:20.77, Inflammation Score:-8, Nutrition Score:28.765652506248%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.93mg, Quercetin: 17.93mg, Quercetin: 17.93mg, Quercetin: 17.93mg

Nutrients (% of daily need)

Calories: 411.08kcal (20.55%), Fat: 5.69g (8.75%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 61.02g (20.34%), Net Carbohydrates: 54.43g (19.79%), Sugar: 10.8g (12%), Cholesterol: 54.43mg (18.14%), Sodium: 597.43mg (25.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.05%), Selenium: 70.07µg (100.09%), Vitamin C: 74.38mg (90.15%), Vitamin B3: 13.25mg (66.23%), Vitamin B6: 1.17mg (58.25%), Manganese: 0.91mg

(45.49%), Phosphorus: 398.93mg (39.89%), Potassium: 1064.48mg (30.41%), Copper: 0.57mg (28.57%), Vitamin B5: 2.69mg (26.94%), Fiber: 6.58g (26.34%), Vitamin B2: 0.43mg (25.27%), Magnesium: 85.73mg (21.43%), Vitamin B1: 0.28mg (18.87%), Iron: 2.73mg (15.16%), Folate: 54.12µg (13.53%), Zinc: 2.02mg (13.46%), Vitamin E: 1.57mg (10.45%), Vitamin K: 10.51µg (10.01%), Vitamin A: 433.25IU (8.67%), Calcium: 70.14mg (7.01%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.2µg (1.32%)