



Chicken With Tomatoes And Sausage

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced drained canned
- ☐ 1 chicken bouillon cube
- ☐ 4 skinned and boned chicken breast halves cut into bite-size pieces
- ☐ 7 ounces pasta like spaghetti cooked
- ☐ 2 teaspoons basil dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper green

- ☐ 0.3 pound sausage italian reduced-fat
- ☐ 1 onion
- ☐ 0.5 teaspoon pepper
- ☐ 3 tablespoons tomato paste

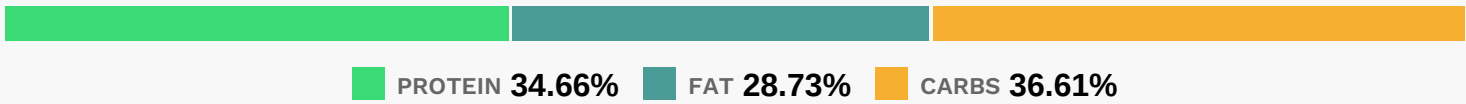
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut onion into thin slices and bell pepper into thin strips.
- ☐ Saut onion, bell pepper, and garlic in a large nonstick skillet coated with cooking spray 5 minutes or until tender; transfer to a bowl.
- ☐ Remove and discard casing from sausage. Brown sausage in skillet, stirring until it crumbles.
- ☐ Drain and pat sausage dry with paper towels; add to onion mixture. Wipe drippings from skillet with paper towels.
- ☐ Saut chicken in skillet over medium-high heat until chicken is done.
- ☐ Add to onion mixture.
- ☐ Add wine to skillet, stirring to loosen any browned particles. Stir in chicken mixture, tomatoes, and next 4 ingredients; cook over low heat, stirring constantly, 5 minutes or until thoroughly heated.
- ☐ Serve over spaghetti.

Nutrition Facts



Properties

Glycemic Index:68.38, Glycemic Load:12.79, Inflammation Score:-8, Nutrition Score:30.359999863998%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 414.59kcal (20.73%), Fat: 13.13g (20.21%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 31.23g (11.36%), Sugar: 12.69g (14.1%), Cholesterol: 94mg (31.33%), Sodium: 937.74mg (40.77%), Alcohol: 1.54g (100%), Alcohol %: 0.41% (100%), Protein: 35.65g (71.3%), Selenium: 58.79µg (83.98%), Vitamin B3: 15.95mg (79.77%), Vitamin B6: 1.41mg (70.67%), Vitamin C: 49.25mg (59.69%), Phosphorus: 402.14mg (40.21%), Manganese: 0.79mg (39.47%), Potassium: 1343.22mg (38.38%), Vitamin B1: 0.43mg (28.96%), Iron: 5.03mg (27.96%), Copper: 0.56mg (27.95%), Fiber: 6.41g (25.65%), Magnesium: 99.15mg (24.79%), Vitamin B5: 2.47mg (24.72%), Vitamin E: 3.42mg (22.79%), Vitamin K: 23.49µg (22.37%), Vitamin B2: 0.32mg (18.97%), Vitamin A: 759.43IU (15.19%), Zinc: 2.19mg (14.58%), Folate: 47.81µg (11.95%), Calcium: 113.56mg (11.36%), Vitamin B12: 0.49µg (8.12%)