



## Chicken with Vegetable Marinara Sauce

READY IN



50 min.

SERVINGS



50

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 slices oscar mayer bacon cut into 1-inch pieces
- 0.5 lb carrots diagonally sliced
- 3 cups chicken broth fat-free reduced-sodium
- 0.5 cup milk italian\* three cheese blend shredded 2% kraft
- 2 cups multi-grain rotini pasta uncooked
- 2 tsp oregano leaves dried
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 1.5 cups classico tomato and basil pasta sauce
- 2 zucchini cut lengthwise into quarters, then crosswise into 1/2-inch-thick slices

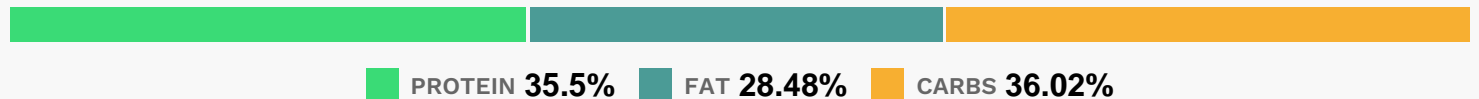
## Equipment

- 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 from pan to medium bowl. Discard all but 2 tsp. drippings from pan.
- Add chicken and oregano to reserved drippings in pan; cook and stir 5 min. or until chicken is no longer pink.
- Add to bacon.
- Add carrots to saucepan; cook and stir 2 min.
- Add broth, pasta sauce and pasta; stir. Bring to boil on high heat; simmer on medium-low heat 5 min. Stir in zucchini and chicken mixture; simmer 8 to 10 min. or until chicken is done and pasta is tender. Top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:1.34, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:2.8317391541989%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 32.59kcal (1.63%), Fat: 1.05g (1.62%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.7g (0.78%), Cholesterol: 6.61mg (2.2%), Sodium: 92.25mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin A: 800.22IU (16%), Selenium: 5.16µg (7.36%), Vitamin B3: 1.26mg (6.32%), Manganese: 0.1mg (5.01%), Vitamin B6: 0.1mg (4.87%), Phosphorus: 32.68mg (3.27%), Potassium: 92.44mg (2.64%), Vitamin C: 1.96mg (2.38%), Magnesium: 8.18mg (2.05%), Vitamin B5: 0.2mg (2.03%),

Vitamin B1: 0.03mg (1.84%), Vitamin B2: 0.03mg (1.56%), Fiber: 0.36g (1.42%), Vitamin K: 1.4µg (1.33%), Iron: 0.23mg (1.3%), Folate: 4.78µg (1.2%), Copper: 0.02mg (1.15%), Zinc: 0.16mg (1.07%)