



Country-Italian Chicken and Potatoes

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon basil leaves dried crushed
- 2 cloves garlic finely chopped
- 26 ounce sauce traditional ragu® old world style®
- 2 tablespoons olive oil
- 2 medium potatoes cut into 1-inch cubes
- 1 medium bell pepper green red cut into large pieces
- 1 pound chicken breasts boneless skinless cut into 1-inch cubes

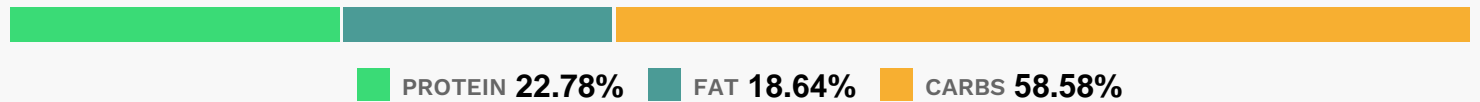
Equipment

frying pan

Directions

- Heat olive oil in 12-inch skillet over medium-high heat and cook chicken with garlic until chicken is thoroughly cooked.
- Remove chicken and set aside.
- Add potatoes and bell pepper in same skillet. Cook over medium heat, stirring occasionally, 5 minutes. Stir in remaining ingredients. Bring to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 35 minutes or until potatoes are tender. Return chicken to skillet and heat through.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:9.23, Inflammation Score:-4, Nutrition Score:12.723478306895%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 337.83kcal (16.89%), Fat: 6.86g (10.55%), Saturated Fat: 1.1g (6.92%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 46.52g (16.92%), Sugar: 29.42g (32.69%), Cholesterol: 48.38mg (16.13%), Sodium: 1567.11mg (68.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.72%), Vitamin B3: 8.74mg (43.72%), Vitamin B6: 0.83mg (41.74%), Vitamin C: 31.15mg (37.76%), Selenium: 24.55µg (35.07%), Phosphorus: 205.18mg (20.52%), Potassium: 621.77mg (17.76%), Vitamin B5: 1.31mg (13.14%), Magnesium: 39.4mg (9.85%), Manganese: 0.18mg (8.86%), Vitamin K: 8.65µg (8.24%), Fiber: 1.98g (7.93%), Vitamin B1: 0.12mg (7.91%), Vitamin B2: 0.11mg (6.29%), Vitamin E: 0.91mg (6.1%), Iron: 1.09mg (6.08%), Copper: 0.12mg (5.83%), Zinc: 0.69mg (4.62%), Folate: 16.91µg (4.23%), Vitamin B12: 0.15µg (2.52%), Calcium: 19.87mg (1.99%), Vitamin A: 98.81IU (1.98%)