



Easy Bistro Chicken

 Gluten Free

READY IN



32 min.

SERVINGS



32

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon fully cooked chopped
- 14.5 oz canned tomatoes undrained canned
- 3 cups mushrooms fresh sliced
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 tsp oil
- 1 onion chopped
- 1 lb chicken breasts boneless skinless

3 Tbsp tomato paste

Equipment

frying pan

Directions

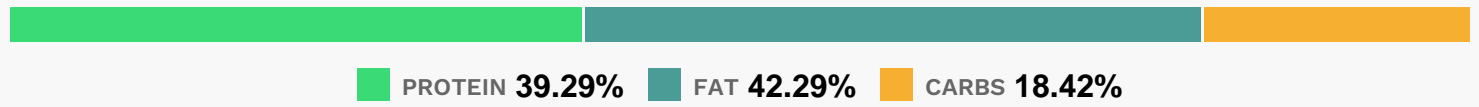
Heat oil in large nonstick skillet on medium-high heat.

Add mushrooms and onions; cook 5 min., stirring occasionally. Stir in tomatoes, dressing and tomato paste.

Add chicken; cover. Simmer on medium-low heat 12 min. or until chicken is done (165F).

Top with cheese and bacon; simmer, uncovered, 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:3.277826068194%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 46.37kcal (2.32%), Fat: 2.22g (3.41%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.72g (0.62%), Sugar: 1.31g (1.46%), Cholesterol: 12.22mg (4.07%), Sodium: 94.84mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin B3: 2.07mg (10.36%), Selenium: 6.36µg (9.09%), Vitamin B6: 0.15mg (7.47%), Phosphorus: 62.32mg (6.23%), Vitamin B2: 0.07mg (4.23%), Potassium: 146.14mg (4.18%), Vitamin B5: 0.39mg (3.89%), Calcium: 34.35mg (3.44%), Copper: 0.06mg (3.23%), Vitamin C: 2.13mg (2.58%), Vitamin E: 0.35mg (2.36%), Magnesium: 9.1mg (2.28%), Vitamin B1: 0.03mg (2.22%), Vitamin K: 2.18µg (2.07%), Manganese: 0.04mg (1.99%), Zinc: 0.29mg (1.95%), Iron: 0.33mg (1.86%), Fiber: 0.45g (1.82%), Vitamin A: 72.82IU (1.46%), Folate: 4.92µg (1.23%), Vitamin B12: 0.07µg (1.13%)