



Easy Chicken Cacciatore

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 lb broiler-fryer chicken
- 1 small bell pepper green sliced
- 2 tsp oil
- 24 oz classico family favorites pasta sauce traditional
- 1 env. seasons dressing mix italian good
- 6 cups ziti pasta hot cooked

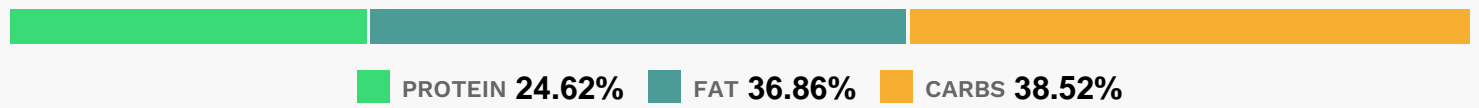
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add chicken; cook until browned on all sides, turning occasionally.
- Sprinkle dressing mix over chicken.
- Add pasta sauce and green pepper. Bring to boil. Reduce heat to low; cover.
- Simmer 25 to 30 min. or until chicken is cooked through, stirring occasionally.
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:19.99, Inflammation Score:-7, Nutrition Score:20.542608530625%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 539.07kcal (26.95%), Fat: 21.89g (33.68%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 51.49g (17.16%), Net Carbohydrates: 47.66g (17.33%), Sugar: 5.93g (6.59%), Cholesterol: 95.25mg (31.75%), Sodium: 642.88mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.83%), Selenium: 56.89µg (81.27%), Vitamin B3: 10.84mg (54.2%), Manganese: 0.71mg (35.54%), Vitamin B6: 0.67mg (33.42%), Phosphorus: 333.18mg (33.32%), Vitamin C: 19.89mg (24.1%), Potassium: 732.22mg (20.92%), Magnesium: 75.44mg (18.86%), Copper: 0.37mg (18.65%), Zinc: 2.78mg (18.5%), Vitamin B5: 1.78mg (17.77%), Iron: 3.05mg (16.96%), Vitamin E: 2.39mg (15.92%), Vitamin B2: 0.27mg (15.62%), Fiber: 3.83g (15.32%), Vitamin A: 714.46IU (14.29%), Vitamin B1: 0.16mg (10.96%), Folate: 29.86µg (7.46%), Vitamin K: 7.12µg (6.78%), Vitamin B12: 0.39µg (6.56%), Calcium: 43.68mg (4.37%), Vitamin D: 0.25µg (1.69%)