



Easy Chicken Cacciatore Bake

READY IN



50 min.

SERVINGS



50

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced italian-style undrained canned
- 1.5 cups penne pasta cooked
- 2 Tbsp parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless
- 2 zucchini sliced quartered
- 0.3 cup shake 'n bake chicken coating mix

Equipment

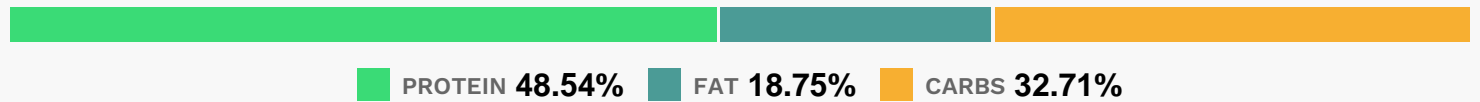
- oven

baking pan

Directions

- Heat oven to 375F.
- Combine tomatoes and zucchini in 13x9-inch baking dish.
- Coat chicken with 1/3 cup coating mix; place over vegetable mixture.
- Sprinkle with cheese.
- Bake 30 to 35 min. or until chicken is done (165F).
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.7213043496013%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 19.86kcal (0.99%), Fat: 0.42g (0.64%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.56g (0.62%), Cholesterol: 6.25mg (2.08%), Sodium: 25.41mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin B3: 1.11mg (5.57%), Selenium: 3.76µg (5.37%), Vitamin B6: 0.1mg (4.77%), Phosphorus: 27.85mg (2.78%), Vitamin C: 2.25mg (2.73%), Potassium: 79.46mg (2.27%), Manganese: 0.04mg (1.91%), Vitamin B5: 0.17mg (1.74%), Magnesium: 5.96mg (1.49%), Vitamin B2: 0.02mg (1.31%), Copper: 0.02mg (1.2%), Iron: 0.2mg (1.13%), Fiber: 0.28g (1.1%), Vitamin B1: 0.02mg (1.07%)