



Easy Chicken Dinner

READY IN



40 min.

SERVINGS



40

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp butter
- 14 oz canned tomatoes undrained canned
- 1 tsp pepper red crushed
- 2 cups elbow macaroni uncooked
- 1 cup milk
- 2 Tbsp olive oil divided
- 1 tsp oregano leaves dried
- 8 oz cheddar cheese shredded kraft
- 8 oz chicken breasts boneless skinless divided

2 cups water

Equipment

frying pan

Directions

- Heat 1 Tbsp. oil in large nonstick skillet on medium heat.
- Add half the chicken; cook 5 to 6 min. or until done, stirring frequently.
- Remove chicken from skillet; cover to keep warm. Repeat with remaining oil and chicken, adding second batch of cooked chicken to first batch of cooked chicken.
- Add macaroni, water, milk and butter to skillet; stir. Cook 8 to 10 min. or until macaroni is tender, stirring frequently.
- Add cheese; stir until melted.
- Add tomatoes and seasonings; cook 2 min. or until heated through, stirring frequently. Return chicken to skillet; stir to evenly cover chicken with tomato mixture. Cook 1 to 2 min. or until heated through, stirring frequently.

Nutrition Facts

 **PROTEIN 21.82%**  **FAT 41.38%**  **CARBS 36.8%**

Properties

Glycemic Index:3.95, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.823478291864%

Nutrients (% of daily need)

Calories: 69.75kcal (3.49%), Fat: 3.21g (4.94%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.98g (2.17%), Sugar: 0.94g (1.05%), Cholesterol: 10.3mg (3.43%), Sodium: 61.73mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Selenium: 8.03µg (11.47%), Phosphorus: 60.69mg (6.07%), Calcium: 53.99mg (5.4%), Manganese: 0.09mg (4.36%), Vitamin B3: 0.85mg (4.24%), Vitamin B6: 0.08mg (3.82%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.4mg (2.64%), Magnesium: 9.75mg (2.44%), Potassium: 80.76mg (2.31%), Copper: 0.04mg (2.23%), Vitamin A: 108.44IU (2.17%), Vitamin E: 0.32mg (2.13%), Vitamin B5: 0.19mg (1.86%), Fiber: 0.45g (1.8%), Vitamin B12: 0.1µg (1.74%), Iron: 0.28mg (1.55%), Vitamin B1: 0.02mg (1.51%), Vitamin K: 1.46µg (1.39%), Vitamin C: 0.98mg (1.19%), Folate: 4.09µg (1.02%)