



Easy Skillet Chicken Cacciatore

READY IN



25 min.

SERVINGS



6

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 1 medium bell pepper green cut into small bite-size strips
- ☐ 1 box hawaiian rolls
- ☐ 1.5 cups water hot
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 4 oz mushroom stems and pieces drained canned
- ☐ 0.3 cup parmesan cheese grated

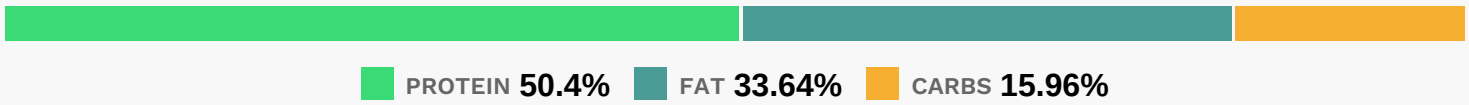
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, melt butter over medium heat. Cook chicken and bell pepper in butter, stirring occasionally, until outside of chicken turns white.
- ☐ Stir in uncooked pasta and sauce mix (from Hamburger Helper box), water, tomatoes and mushrooms.
- ☐ Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- ☐ Remove from heat; sprinkle with cheese.
- ☐ Cover; let stand 5 minutes (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:11.595652222633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 147.16kcal (7.36%), Fat: 5.44g (8.36%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2.43g (2.7%), Cholesterol: 52.76mg (17.59%), Sodium: 347.52mg (15.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.66%), Vitamin B3: 8.48mg (42.39%), Selenium: 25.76µg (36.81%), Vitamin B6: 0.69mg (34.52%), Vitamin C: 23.23mg (28.16%), Phosphorus: 202.86mg (20.29%), Potassium: 570.95mg (16.31%), Vitamin B5: 1.19mg (11.93%), Calcium: 81.86mg (8.19%), Vitamin B2: 0.13mg (7.92%), Magnesium: 31.33mg (7.83%), Vitamin B1: 0.09mg (6.19%), Vitamin A: 295.73IU (5.91%), Iron: 1.04mg (5.76%), Vitamin E: 0.78mg (5.18%), Zinc: 0.75mg (4.98%), Fiber: 1.18g (4.71%), Manganese: 0.09mg (4.64%), Copper: 0.09mg (4.6%), Vitamin K: 3.68µg (3.51%), Vitamin B12: 0.21µg (3.5%), Folate: 10.92µg (2.73%)