



HEALTH SCORE

25%

Easy Tomato Basil Chicken – One Pot Meal

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tbsp olive oil extra virgin
- 0.3 cup bell pepper chopped
- 0.3 cup bell pepper chopped
- 1 cup chicken breast strips/pre-cooked/chopped
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 24 oz tomato basil sauce
- 16 oz rotini pasta

Equipment

sauce pan

Directions

Cook the Rotini pasta according to the instructions.

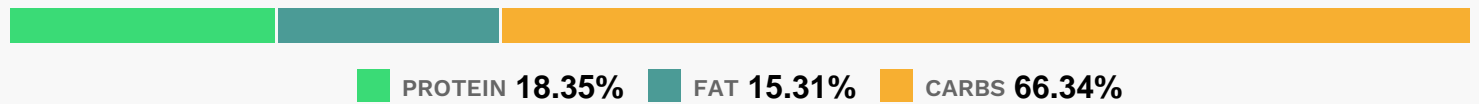
Drain.

In a medium saucepan, saute the bell pepper for 3 minutes in olive oil.

Add in tomato basil sauce, cooked rotini, chopped chicken and cook covered for 10 – 15 minutes. Stir frequently.

Remove from heat and top with fresh chopped basil before serving.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:22.86, Inflammation Score:-7, Nutrition Score:15.381304347826%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 74.1%, Saltiness: 67.03%, Sourness: 37.33%, Bitterness: 39.9%, Savoriness: 100%, Fattiness: 69.63%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 424.93kcal (21.25%), Fat: 7.08g (10.89%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 69.04g (23.01%), Net Carbohydrates: 62.7g (22.8%), Sugar: 10.71g (11.9%), Cholesterol: 19.83mg (6.61%), Sodium: 448.8mg (19.51%), Protein: 19.1g (38.19%), Selenium: 54.24µg (77.48%), Manganese: 0.73mg (36.7%), Vitamin C: 21.7mg (26.3%), Fiber: 6.34g (25.36%), Vitamin A: 1179.55IU (23.59%), Vitamin B3: 4.62mg (23.12%), Phosphorus: 200.43mg (20.04%), Potassium: 623.31mg (17.81%), Vitamin B6: 0.29mg (14.33%), Magnesium: 49.6mg (12.4%), Copper: 0.24mg (11.99%), Iron: 2.01mg (11.18%), Vitamin K: 10.46µg (9.96%), Zinc: 1.35mg (8.98%), Vitamin B1: 0.09mg (6.12%), Calcium: 60.1mg (6.01%), Vitamin B5: 0.59mg (5.95%), Folate: 21.61µg (5.4%), Vitamin B2: 0.08mg (4.94%), Vitamin E: 0.69mg (4.63%), Vitamin B12: 0.08µg (1.32%)