



## Hearty Italian Chicken Chowder

READY IN



25 min.

SERVINGS



25

CALORIES



40 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 14 oz canned tomatoes undrained canned
- 1 tsp basil leaves dried
- 0.5 cup elbow macaroni uncooked
- 1 cup chicken broth fat-free reduced-sodium
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 0.5 lb chicken breasts boneless skinless chopped
- 1 zucchini chopped

# Equipment

sauce pan

# Directions

- Heat dressing in large saucepan on medium heat.
- Add chicken; cook 3 min., stirring once.
- Add tomatoes, broth, zucchini, macaroni and basil. Bring to boil on high heat.
- Simmer on medium heat 8 min. or until macaroni is tender.
- Sprinkle with cheese.

# Nutrition Facts



# Properties

Glycemic Index:3.2, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.7278260507661%

# Flavonoids

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

# Nutrients (% of daily need)

Calories: 40kcal (2%), Fat: 1.36g (2.09%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.37g (1.23%), Sugar: 1.26g (1.4%), Cholesterol: 7.58mg (2.53%), Sodium: 106.83mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Selenium: 5.41µg (7.73%), Vitamin B3: 1.28mg (6.41%), Vitamin B6: 0.11mg (5.64%), Phosphorus: 41.84mg (4.18%), Manganese: 0.08mg (3.89%), Vitamin C: 2.98mg (3.62%), Vitamin K: 3.53µg (3.36%), Potassium: 114.66mg (3.28%), Magnesium: 9.48mg (2.37%), Copper: 0.05mg (2.37%), Vitamin B5: 0.22mg (2.16%), Iron: 0.38mg (2.14%), Calcium: 20.93mg (2.09%), Vitamin B2: 0.04mg (2.08%), Fiber: 0.49g (1.96%), Vitamin E: 0.29mg (1.93%), Vitamin B1: 0.03mg (1.71%), Zinc: 0.23mg (1.55%), Vitamin B12: 0.09µg (1.46%), Vitamin A: 68.94IU (1.38%), Folate: 5.23µg (1.31%)