



Hunter's Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1 pound chicken breast tenders
- 2 tablespoons italian-seasoned breadcrumbs
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 9 ounce pasta fresh uncooked
- 1 tablespoon olive oil
- 1 ounce preshredded part-skim mozzarella cheese
- 2 tablespoons pimento-stuffed olives chopped
- 0.3 teaspoon salt

29 ounce stewed tomatoes italian-style undrained canned

Equipment

frying pan

Directions

Cook pasta according to package directions.

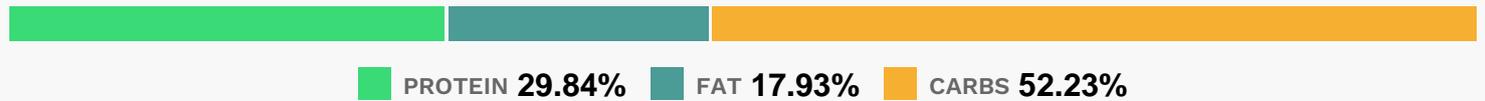
Drain well; keep warm.

While pasta cooks, dredge chicken in breadcrumbs.

Heat the oil in a large nonstick skillet over medium-high heat; add chicken. Cook 3 minutes on each side or until browned. Stir in olives and next 4 ingredients (olives through tomatoes). Cook 5 minutes or until chicken is done.

Serve over linguine, and top with cheese.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:19.16, Inflammation Score:-7, Nutrition Score:25.456087003583%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 494.07kcal (24.7%), Fat: 9.82g (15.1%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 64.34g (21.45%), Net Carbohydrates: 59.74g (21.72%), Sugar: 9.34g (10.37%), Cholesterol: 77.16mg (25.72%), Sodium: 908.16mg (39.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.52%), Selenium: 80.14µg (114.49%), Vitamin B3: 14.72mg (73.58%), Vitamin B6: 0.99mg (49.62%), Phosphorus: 442.09mg (44.21%), Manganese: 0.79mg (39.7%), Potassium: 1010.5mg (28.87%), Iron: 4.38mg (24.35%), Copper: 0.47mg (23.32%), Magnesium: 93.11mg (23.28%), Vitamin B5: 2.17mg (21.66%), Vitamin C: 17.74mg (21.5%), Fiber: 4.6g (18.38%), Vitamin B1: 0.28mg (18.35%), Vitamin E: 2.72mg (18.11%), Calcium: 159.94mg (15.99%), Vitamin B2: 0.27mg (15.74%), Zinc: 2.18mg (14.55%), Vitamin K: 11.46µg (10.91%), Vitamin A: 451.59IU (9.03%), Folate: 33.61µg (8.4%), Vitamin B12: 0.3µg (5.04%)