



Italian Chicken-Pasta Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups mostaccioli pasta cooked
- 1 bell pepper green chopped
- 8 oz low-moisture part-skim mozzarella cheese shredded divided kraft
- 1 small onion cut into thin wedges
- 24 oz classico family favorites pasta sauce traditional
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

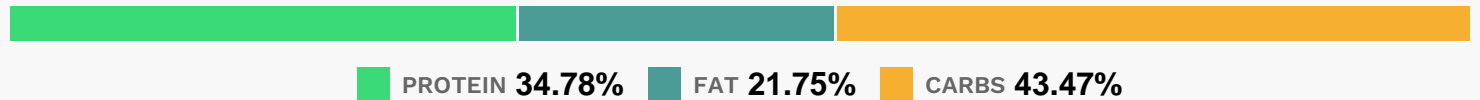
Equipment

- frying pan

Directions

- Cook and stir chicken in large skillet sprayed with cooking spray on medium heat 5 min.
- Add vegetables; cook 5 min. or until chicken is done and vegetables are crisp-tender, stirring frequently.
- Add sauce and pasta; cook 5 min. or until heated through, stirring occasionally.
- Stir in 1 cup cheese; top with remaining cheese.
- Remove from heat; cover.
- Let stand 2 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:2.97, Inflammation Score:-2, Nutrition Score:4.3386956712474%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 74.77kcal (3.74%), Fat: 1.8g (2.77%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.37g (2.68%), Sugar: 1.31g (1.46%), Cholesterol: 14.52mg (4.84%), Sodium: 172.55mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Selenium: 11.38µg (16.26%), Vitamin B3: 1.97mg (9.87%), Phosphorus: 90.22mg (9.02%), Vitamin B6: 0.16mg (8.22%), Calcium: 65.75mg (6.57%), Vitamin C: 5.13mg (6.22%), Manganese: 0.11mg (5.61%), Potassium: 158.73mg (4.54%), Magnesium: 14.15mg (3.54%), Vitamin B2: 0.06mg (3.5%), Vitamin B5: 0.33mg (3.35%), Zinc: 0.47mg (3.16%), Vitamin A: 153.82IU (3.08%), Copper: 0.06mg (2.99%), Fiber: 0.72g (2.86%), Vitamin E: 0.39mg (2.6%), Iron: 0.42mg (2.32%), Vitamin B1: 0.03mg (1.82%), Vitamin B12: 0.09µg (1.54%), Folate: 5.68µg (1.42%), Vitamin K: 1.1µg (1.05%)