



 **59%**
HEALTH SCORE

Italian Chicken Simmer

 **Gluten Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes diced italian-style undrained canned
- 0.5 cup italian* five cheese blend shredded kraft finely
- 1 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 2 small pasilla peppers red chopped
- 1.5 lb chicken drumsticks and thighs skinless
- 0.3 cup tomato paste canned

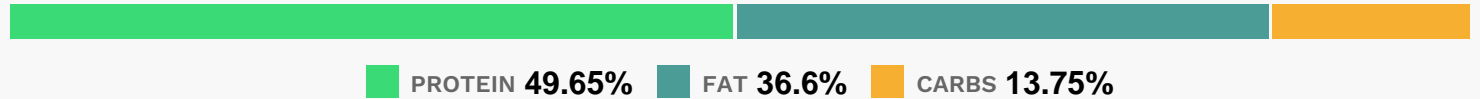
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken to skillet; cook 10 min. or until evenly browned, turning occasionally.
- Combine tomatoes and tomato paste; pour over chicken.
- Add peppers; cover. Simmer on medium-low heat 20 min. or until chicken is done (165F), stirring occasionally.
- Remove from heat. Stir in Parmesan. Top with shredded cheese; let stand, covered, until melted.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:2.91, Inflammation Score:-8, Nutrition Score:24.941303994345%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 352.43kcal (17.62%), Fat: 14.43g (22.21%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 9.15g (3.33%), Sugar: 6.81g (7.57%), Cholesterol: 127.31mg (42.44%), Sodium: 426.09mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.06g (88.12%), Vitamin B3: 15.84mg (79.2%), Vitamin C: 62.26mg (75.46%), Vitamin B6: 1.02mg (51.16%), Selenium: 29.65µg (42.35%), Phosphorus: 381.72mg (38.17%), Vitamin A: 1557.67IU (31.15%), Potassium: 828.94mg (23.68%), Vitamin B5: 2.27mg (22.69%), Zinc: 3.31mg (22.03%), Vitamin B2: 0.36mg (20.98%), Vitamin E: 2.97mg (19.8%), Magnesium: 73.03mg (18.26%), Iron: 3.27mg (18.18%), Copper: 0.32mg (15.87%), Vitamin B1: 0.24mg (15.69%), Manganese: 0.3mg (14.88%), Calcium: 146.88mg (14.69%), Vitamin K: 13.42µg (12.78%), Fiber: 3.05g (12.18%), Vitamin B12: 0.71µg (11.9%), Folate: 44.82µg (11.21%), Vitamin D: 0.2µg (1.34%)