



HEALTH SCORE

54%

Italian Chicken Skillet

READY IN



40 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced italian-style canned
- ☐ 2 cloves garlic chopped to taste
- ☐ 1 tablespoon olive oil
- ☐ 8 ounces seashell pasta
- ☐ 1 cup mozzarella cheese shredded
- ☐ 4 chicken breast halves boneless skinless cubed
- ☐ 5 ounces pkt spinach fresh chopped
- ☐ 0.5 cup red cooking wine

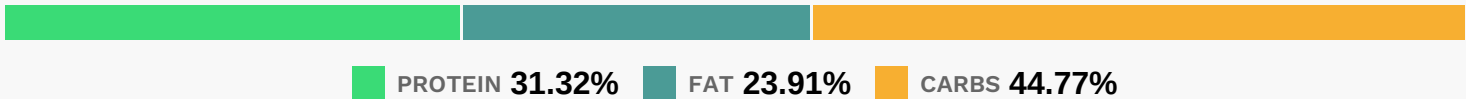
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat the olive oil in a large skillet with a lid over medium heat, and cook and stir the chicken and garlic until the chicken is no longer pink in the center, 5 to 8 minutes.
- ☐ Pour the wine and diced tomatoes with their juice into the skillet, and bring to a boil over high heat while scraping any browned bits of food off of the bottom of the pan with a wooden spoon.
- ☐ Stir in the shell pasta, and return to a boil. Cook uncovered, stirring occasionally, until the shells have cooked through, but are still firm to the bite, about 10 minutes.
- ☐ Spread the spinach over the top of the pasta, cover, and simmer until the spinach leaves are cooked, about 5 minutes.
- ☐ Sprinkle the mozzarella cheese evenly over the skillet, and simmer until the cheese has melted and the pasta is bubbling, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:21.67, Inflammation Score:-10, Nutrition Score:40.166956611302%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

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Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.74mg, Quercetin: 1.74mg,
Quercetin: 1.74mg, Quercetin: 1.74mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 553.5kcal (27.68%), Fat: 14.24g (21.91%), Saturated Fat: 5.07g (31.66%), Carbohydrates: 59.98g (19.99%),
Net Carbohydrates: 53.59g (19.49%), Sugar: 10.88g (12.09%), Cholesterol: 94.44mg (31.48%), Sodium: 601.51mg
(26.15%), Alcohol: 3.18g (100%), Alcohol %: 0.86% (100%), Protein: 41.98g (83.95%), Vitamin K: 184.86µg (176.05%),
Selenium: 78.57µg (112.25%), Vitamin A: 3973.49IU (79.47%), Vitamin B3: 15.54mg (77.69%), Vitamin B6: 1.34mg
(66.99%), Manganese: 1.29mg (64.55%), Phosphorus: 533.64mg (53.36%), Potassium: 1389.16mg (39.69%),
Vitamin C: 30.04mg (36.41%), Magnesium: 136.69mg (34.17%), Copper: 0.61mg (30.72%), Folate: 111.58µg (27.89%),
Iron: 5mg (27.79%), Vitamin E: 4.04mg (26.9%), Calcium: 266.66mg (26.67%), Fiber: 6.4g (25.58%), Vitamin B5:
2.49mg (24.87%), Vitamin B2: 0.41mg (23.96%), Vitamin B1: 0.31mg (20.85%), Zinc: 3.06mg (20.37%), Vitamin B12:
0.86µg (14.41%), Vitamin D: 0.22µg (1.5%)