



Italian-Style Chicken Combo

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 8 oz mushrooms fresh sliced
- 1 bell pepper green coarsely chopped
- 1 cup italian* five cheese blend shredded kraft finely
- 1 lb chicken breasts boneless skinless
- 12 oz velveeta shells & cheese dinner

Equipment

- oven

baking pan

Directions

Heat oven to 400F.

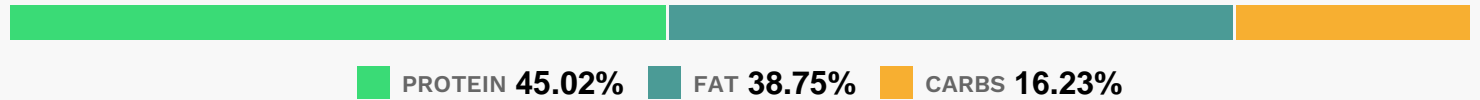
Place chicken in 13x9 inch baking dish; surround with mushrooms and peppers. Top chicken with tomatoes and shredded cheese.

Bake 30 min. or until chicken is done (165F).

Meanwhile, prepare Dinner as directed on package.

Serve chicken and vegetables with Dinner.

Nutrition Facts



Properties

Glycemic Index:1.05, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.8495652131412%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 44.33kcal (2.22%), Fat: 1.93g (2.97%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.61g (0.59%), Sugar: 1.14g (1.27%), Cholesterol: 11.39mg (3.8%), Sodium: 167.92mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Phosphorus: 118.26mg (11.83%), Vitamin B3: 1.47mg (7.36%), Selenium: 4.17µg (5.95%), Calcium: 58.53mg (5.85%), Vitamin B2: 0.1mg (5.63%), Vitamin B6: 0.11mg (5.43%), Vitamin C: 3.58mg (4.34%), Potassium: 113.19mg (3.23%), Vitamin B5: 0.26mg (2.61%), Vitamin A: 109.54IU (2.19%), Zinc: 0.32mg (2.17%), Copper: 0.03mg (1.5%), Magnesium: 4.85mg (1.21%), Vitamin B1: 0.02mg (1.2%), Iron: 0.19mg (1.05%)