



## Mac Chicken Cacciatore

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 oz canned tomatoes diced italian-style undrained canned
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup pasilla peppers green chopped
- 7.3 oz macaroni & cheese dinner kraft

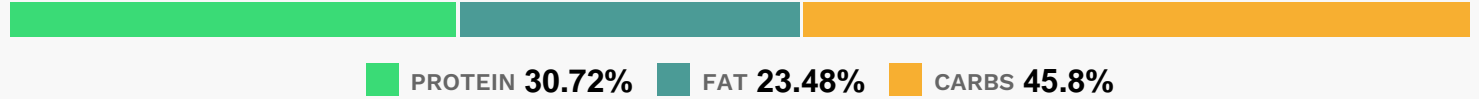
## Equipment

- sauce pan

## Directions

- Prepare Dinner in large saucepan as directed on package.
- Stir in remaining ingredients; cook on low heat 5 min. or until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:17.43, Inflammation Score:-5, Nutrition Score:12.8113044446148%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 277.26kcal (13.86%), Fat: 7.31g (11.25%), Saturated Fat: 0.48g (3%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 29.87g (10.86%), Sugar: 4.81g (5.35%), Cholesterol: 36.15mg (12.05%), Sodium: 556.6mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Vitamin B3: 7.13mg (35.66%), Phosphorus: 333.34mg (33.33%), Vitamin C: 24.1mg (29.22%), Manganese: 0.45mg (22.65%), Vitamin B6: 0.45mg (22.29%), Selenium: 12.33µg (17.62%), Iron: 2.86mg (15.88%), Potassium: 533.41mg (15.24%), Magnesium: 51.51mg (12.88%), Calcium: 116.48mg (11.65%), Copper: 0.21mg (10.74%), Vitamin E: 1.42mg (9.49%), Zinc: 1.39mg (9.24%), Fiber: 2.2g (8.81%), Vitamin B1: 0.11mg (7.65%), Vitamin B5: 0.7mg (7.05%), Vitamin K: 6.76µg (6.44%), Vitamin B2: 0.11mg (6.19%), Vitamin A: 291.17IU (5.82%), Folate: 16.46µg (4.12%), Vitamin B12: 0.14µg (2.41%)