



Oven Chicken Cacciatore

READY IN



55 min.

SERVINGS



55

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts halved drained canned
- 0.5 cup olives black pitted
- 14.5 oz canned tomatoes diced italian-style undrained canned
- 2.5 lb chicken thighs and legs
- 0.5 cup parmesan cheese divided grated kraft
- 3 cups penne pasta uncooked
- 2 zucchini sliced
- 1 pkt. shake 'n bake seasoned coating mix italian
- 1 pkt. shake 'n bake seasoned coating mix italian

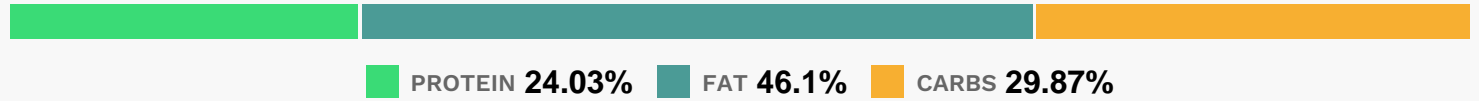
Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Combine first 4 ingredients in large shallow baking dish; set aside.
- Mix 1/4 cup cheese and coating mix in separate shallow dish.
- Add chicken; turn to evenly coat both sides of each piece.
- Place over zucchini mixture.
- Bake 45 min. or until chicken is done (165F). Meanwhile, cook pasta as directed.
- Drain pasta.
- Serve topped with chicken, zucchini mixture and remaining cheese.

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:2.8713043843922%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.79kcal (3.94%), Fat: 4g (6.16%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.28g (1.92%), Sugar: 0.73g (0.82%), Cholesterol: 21mg (7%), Sodium: 88.38mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Selenium: 8.12µg (11.6%), Vitamin B3: 1.19mg (5.94%), Phosphorus: 55.09mg (5.51%), Vitamin B6: 0.1mg (5.17%), Manganese: 0.09mg (4.33%), Zinc: 0.43mg (2.85%), Potassium: 98.64mg (2.82%), Vitamin B5: 0.27mg (2.74%), Vitamin B2: 0.04mg (2.63%), Magnesium: 10.4mg (2.6%), Vitamin B12: 0.14µg (2.4%), Vitamin C: 1.96mg (2.38%), Copper: 0.05mg (2.38%), Fiber: 0.56g (2.25%), Vitamin B1: 0.03mg (2.01%), Iron: 0.35mg (1.95%), Calcium: 15.29mg (1.53%), Vitamin E: 0.2mg (1.36%), Vitamin A:

59.09IU (1.18%), Folate: 4.5µg (1.12%), Vitamin K: 1.17µg (1.12%)