



Pasta with Chicken-Vegetable Marinara Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups penne pasta hot cooked uncooked ()
- 2 garlic cloves minced
- 1 cup bell pepper green chopped
- 2 teaspoons penzey's southwest seasoning dried italian
- 8 ounce pre mushrooms
- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.3 cup parmesan cheese grated
- 1 tablespoon red wine vinegar

- 0.3 teaspoon salt
- 0.8 pound skinned cut into bite-size pieces
- 2 cups spaghetti sauce low-fat
- 0.5 cup water
- 0.8 cup zucchini sliced

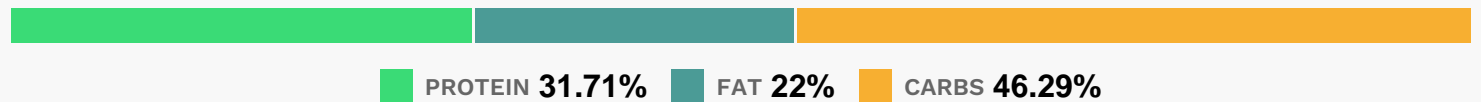
Equipment

- dutch oven

Directions

- Heat oil in a Dutch oven coated with cooking spray over medium-high heat.
- Add onion, bell pepper, and garlic; saut 2 minutes.
- Add chicken; saut 3 minutes. Stir in spaghetti sauce and next 6 ingredients (spaghetti sauce through mushrooms); bring to a boil. Cover, reduce heat, and simmer 25 minutes or until tender, stirring occasionally.
- Serve over pasta; sprinkle with cheese.
- Garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:15.65, Inflammation Score:-8, Nutrition Score:26.720000318859%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

Nutrients (% of daily need)

Calories: 363.38kcal (18.17%), Fat: 9.03g (13.89%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 36.81g (13.38%), Sugar: 9.19g (10.21%), Cholesterol: 59.87mg (19.96%), Sodium: 944.64mg

(41.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.57%), Selenium: 58.36µg (83.37%), Vitamin B3: 12.86mg (64.32%), Vitamin C: 48.37mg (58.63%), Vitamin B6: 1.06mg (53.06%), Phosphorus: 381.32mg (38.13%), Manganese: 0.66mg (33.24%), Potassium: 1112.12mg (31.77%), Vitamin B2: 0.48mg (28.3%), Vitamin B5: 2.71mg (27.06%), Copper: 0.5mg (25.01%), Fiber: 5.94g (23.75%), Iron: 3.62mg (20.1%), Magnesium: 78.51mg (19.63%), Vitamin E: 2.88mg (19.17%), Vitamin A: 812.27IU (16.25%), Vitamin K: 15.97µg (15.21%), Vitamin B1: 0.2mg (13.55%), Zinc: 2mg (13.34%), Folate: 49.71µg (12.43%), Calcium: 120.87mg (12.09%), Vitamin B12: 0.28µg (4.62%), Vitamin D: 0.23µg (1.53%)