



Prego® Easy Chicken Cacciatore

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces soup noodles corkscrew-shaped cooked drained (rotini)
- ☐ 25.8 ounce chunky garden mushroom & pepper sauce green italian prego®
- ☐ 1 pound chicken breast boneless skinless cut into cubes
- ☐ 1 tablespoon vegetable oil

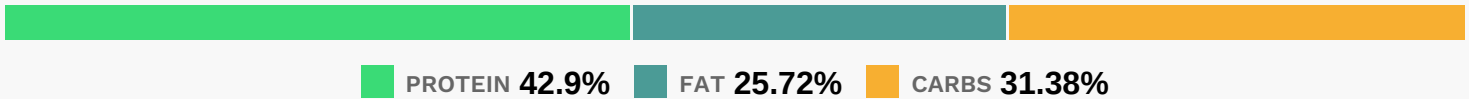
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a 10-inch skillet over medium-high heat.
- ☐ Add the chicken and cook for 10 minutes or until it's well browned, stirring often.
- ☐ Stir the sauce in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
- ☐ Serve the chicken mixture with the pasta.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:7.99, Inflammation Score:-7, Nutrition Score:20.898695655491%

Nutrients (% of daily need)

Calories: 268.99kcal (13.45%), Fat: 7.54g (11.6%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 19.12g (6.95%), Sugar: 2.62g (2.91%), Cholesterol: 72.57mg (24.19%), Sodium: 4955.59mg (215.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.29g (56.59%), Vitamin C: 137.87mg (167.12%), Selenium: 51.26µg (73.22%), Vitamin B3: 12.52mg (62.59%), Vitamin B6: 1.16mg (58.18%), Phosphorus: 291.1mg (29.11%), Potassium: 707.32mg (20.21%), Vitamin B5: 1.88mg (18.8%), Vitamin B2: 0.27mg (16.14%), Manganese: 0.29mg (14.45%), Magnesium: 48.81mg (12.2%), Iron: 2.02mg (11.23%), Vitamin K: 10.86µg (10.34%), Vitamin B1: 0.15mg (9.97%), Zinc: 1.15mg (7.65%), Copper: 0.14mg (6.92%), Vitamin A: 329.67IU (6.59%), Fiber: 1.57g (6.27%), Vitamin E: 0.75mg (4.98%), Folate: 19.45µg (4.86%), Vitamin B12: 0.23µg (3.78%), Calcium: 24.24mg (2.42%)