



Quick Cacciatore

READY IN



20 min.

SERVINGS



20

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.8 cup pasilla peppers green coarsely chopped (1 medium)
- 9 oz pasta refrigerated cooked drained
- 6 medium mushrooms halved
- 0.7 cup onions coarsely chopped (1 medium)
- 0.3 cup parmesan cheese shredded kraft
- 24 oz classico family favorites pasta sauce traditional

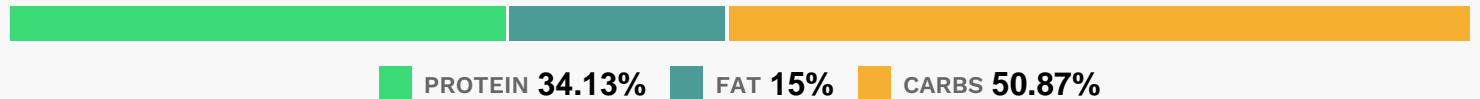
Equipment

frying pan

Directions

- Mix pasta sauce, peppers, onions and mushrooms in large skillet; cover. Cook on medium heat 10 min., stirring occasionally.
- Add chicken; cook, covered, 5 min. or until heated through, stirring occasionally.
- Spoon over hot pasta; sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:9.48, Glycemic Load:2.56, Inflammation Score:-2, Nutrition Score:3.7660869327576%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 51.69kcal (2.58%), Fat: 0.88g (1.35%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 5.74g (2.09%), Sugar: 1.76g (1.96%), Cholesterol: 8.08mg (2.69%), Sodium: 188.35mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Selenium: 6.73µg (9.61%), Vitamin C: 7.38mg (8.95%), Vitamin B3: 1.79mg (8.93%), Vitamin B6: 0.12mg (5.81%), Phosphorus: 51.96mg (5.2%), Manganese: 0.1mg (4.77%), Potassium: 164.31mg (4.69%), Copper: 0.08mg (3.97%), Fiber: 0.98g (3.92%), Vitamin B2: 0.06mg (3.72%), Vitamin E: 0.55mg (3.64%), Vitamin A: 179.63IU (3.59%), Iron: 0.65mg (3.59%), Magnesium: 11.99mg (3%), Vitamin B5: 0.3mg (3%), Calcium: 23.68mg (2.37%), Zinc: 0.3mg (2.02%), Vitamin B1: 0.03mg (1.81%), Folate: 6.87µg (1.72%), Vitamin K: 1.43µg (1.37%)