



Quick & Easy Chicken Cacciatore

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz bell pepper and onion strips frozen thawed drained
- 1.5 cups classico family favorites pasta sauce traditional
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless

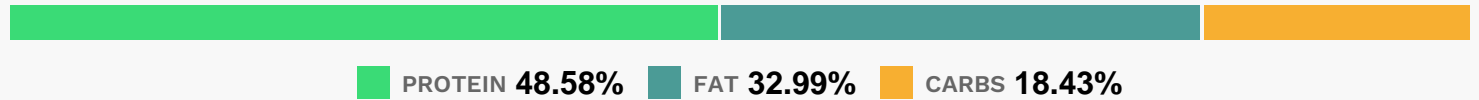
Equipment

- frying pan

Directions

- Cook chicken in large nonstick skillet on medium-high heat 2 min. on each side.
- Add vegetables; cover. Cook 5 min.
- Stir in pasta sauce. Simmer 5 min. on medium heat or until chicken is done (165F).
- Top with cheese.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:6.4178261834642%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 52.96kcal (2.65%), Fat: 1.96g (3.02%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.66g (1.85%), Cholesterol: 18.94mg (6.31%), Sodium: 149.43mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin C: 30.59mg (37.08%), Vitamin A: 834.32IU (16.69%), Vitamin B3: 2.78mg (13.88%), Vitamin B6: 0.26mg (12.8%), Selenium: 8.34µg (11.92%), Phosphorus: 78.31mg (7.83%), Potassium: 190.6mg (5.45%), Vitamin B5: 0.46mg (4.6%), Vitamin E: 0.68mg (4.51%), Vitamin B2: 0.07mg (4.1%), Calcium: 33.57mg (3.36%), Folate: 13.39µg (3.35%), Magnesium: 12.49mg (3.12%), Fiber: 0.75g (3.01%), Vitamin B12: 0.17µg (2.88%), Zinc: 0.39mg (2.61%), Manganese: 0.05mg (2.51%), Vitamin B1: 0.03mg (2.19%), Iron: 0.38mg (2.12%), Vitamin K: 1.8µg (1.71%), Copper: 0.03mg (1.59%)