



## Quick Fettuccine Cacciatore

READY IN



30 min.

SERVINGS



30

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 oz canned tomatoes diced undrained canned
- 0.5 lb fettuccine barilla uncooked
- 0.5 cup basil fresh chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup italian\* low-moisture mozzarella-parmesan cheese blend shredded kraft
- 2 tsp oil
- 1 cup pepper strips and mushrooms fresh green sliced
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

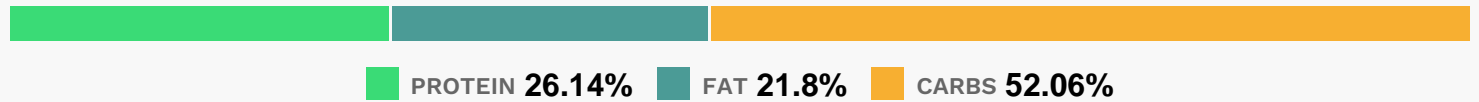
# Equipment

frying pan

# Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large skillet on medium-high heat.
- Add chicken; cook and stir 5 to 6 min. or until no longer pink.
- Add peppers and mushrooms; cook 3 min., stirring occasionally. Stir in tomatoes and dressing; simmer on medium-low heat 5 min. or until chicken is done.
- Drain pasta. Toss with chicken mixture; top with cheese and basil.

# Nutrition Facts



# Properties

Glycemic Index:4.87, Glycemic Load:3.24, Inflammation Score:-2, Nutrition Score:7.5960869659548%

# Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 81.37kcal (4.07%), Fat: 2.1g (3.23%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 8.91g (3.24%), Sugar: 0.75g (0.84%), Cholesterol: 17.25mg (5.75%), Sodium: 72.25mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Manganese: 1.09mg (54.41%), Selenium: 11.74µg (16.77%), Vitamin K: 16.36µg (15.58%), Vitamin B3: 1.93mg (9.64%), Fiber: 2.38g (9.53%), Vitamin B6: 0.17mg (8.54%), Phosphorus: 75.5mg (7.55%), Copper: 0.14mg (7.16%), Iron: 1.12mg (6.2%), Magnesium: 24.12mg (6.03%), Potassium: 209.08mg (5.97%), Calcium: 56.45mg (5.65%), Vitamin B5: 0.41mg (4.13%), Vitamin B2: 0.05mg (2.97%), Zinc: 0.42mg (2.79%), Vitamin B1: 0.04mg (2.53%), Vitamin E: 0.34mg (2.25%), Vitamin A: 101.04IU (2.02%), Vitamin C: 1.49mg (1.81%), Folate: 5.96µg (1.49%), Vitamin B12: 0.08µg (1.39%)