



Rotini & Spicy Chicken in Tomato Sauce

READY IN



25 min.

SERVINGS



25

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz artichoke hearts drained quartered canned
- 16 oz tomato sauce canned
- 14 oz canned tomatoes diced drained canned
- 4 oz philadelphia cream cheese cubed softened ()
- 0.5 tsp pepper red crushed
- 0.3 cup parsley fresh chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 onion chopped
- 4 cups rotini pasta cooked

1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

frying pan

blender

Directions

Blend tomato sauce and cream cheese in blender until smooth.

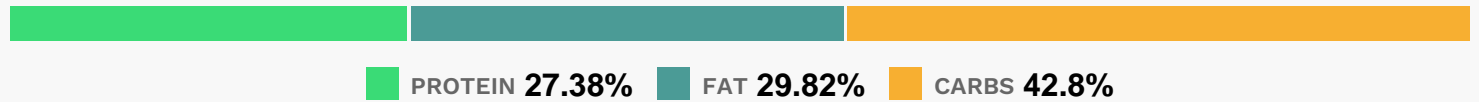
Heat dressing in large skillet on medium-high heat.

Add chicken and onions; cook 8 min. or until chicken is evenly browned, stirring occasionally.

Add tomato sauce mixture and all remaining ingredients except parsley; stir. Simmer on medium heat 5 min. or until chicken is done, stirring occasionally.

Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:7.18, Glycemic Load:3.12, Inflammation Score:-3, Nutrition Score:4.7378260567784%

Flavonoids

Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 84.71kcal (4.24%), Fat: 2.79g (4.29%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 7.89g (2.87%), Sugar: 1.87g (2.08%), Cholesterol: 16.19mg (5.4%), Sodium: 227.3mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Selenium: 11.36µg (16.23%), Vitamin K: 12.32µg (11.73%), Vitamin B3: 2.29mg (11.43%), Vitamin B6: 0.19mg (9.56%), Phosphorus: 63.87mg (6.39%), Manganese: 0.1mg (5.17%), Potassium: 177.63mg (5.08%), Vitamin C: 4.1mg (4.97%), Vitamin A: 226.84IU (4.54%), Fiber: 1.12g (4.49%), Iron: 0.7mg (3.89%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.53mg (3.51%), Magnesium: 13.89mg (3.47%), Vitamin B2: 0.05mg (3.24%), Copper: 0.06mg (2.99%), Vitamin B1: 0.03mg (2.07%), Zinc: 0.3mg (2.02%),

Folate: 7.11µg (1.78%), Calcium: 16.36mg (1.64%)