



Saucy Chicken Italiano

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup classic caesar dressing kraft
- 1 cup chicken broth fat-free reduced-sodium
- 1 cup italian* five cheese blend shredded kraft finely
- 1 onion separated thinly sliced
- 1 bell pepper red cut into thin strips
- 1 lb chicken breasts boneless skinless

Equipment

- frying pan

Directions

- Cook chicken in large nonstick skillet sprayed with cooking spray on medium-high heat 3 to 4 min. on each side or until evenly browned on both sides.
- Add vegetables, broth and dressing; cover. Cook on medium heat 8 to 10 min. or until vegetables are crisp-tender and chicken is done (165F).
- Spoon vegetables onto platter; top with chicken, sauce and cheese.

Nutrition Facts

PROTEIN 32.6% **FAT 61.01%** **CARBS 6.39%**

Properties

Glycemic Index:2.36, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:2.8739130056423%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 63.9kcal (3.19%), Fat: 4.34g (6.68%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.53g (0.59%), Cholesterol: 14.34mg (4.78%), Sodium: 123.93mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin B3: 2mg (9.98%), Selenium: 6.11µg (8.73%), Vitamin C: 6.65mg (8.06%), Vitamin B6: 0.16mg (7.87%), Vitamin K: 5.22µg (4.97%), Phosphorus: 42.51mg (4.25%), Vitamin A: 156.16IU (3.12%), Vitamin B5: 0.29mg (2.94%), Potassium: 87.69mg (2.51%), Vitamin E: 0.33mg (2.22%), Vitamin B2: 0.03mg (1.51%), Magnesium: 5.91mg (1.48%), Calcium: 13.83mg (1.38%), Vitamin B1: 0.02mg (1.15%)