



HEALTH SCORE

51%

Speedy Chicken Cacciatore



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce angel hair pasta refrigerated
- ☐ 18 ounce chicken breast diced frozen cooked
- ☐ 1 medium size bell pepper green cut into 1-inch pieces (1 cup)
- ☐ 1 small onion cut into 1-inch pieces (1 cup)
- ☐ 0.3 teaspoon pepper
- ☐ 15 ounce chunky tomato sauce italian-style canned
- ☐ 0.7 cup water

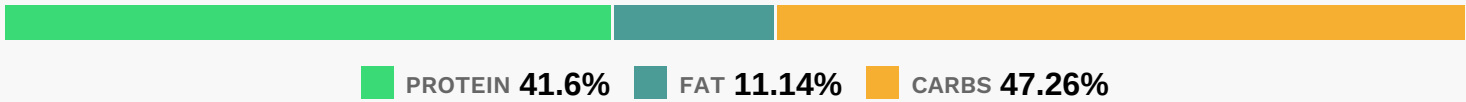
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add chicken, green pepper, and onion; saute until chicken is browned and vegetables are crisp-tender. Stir in tomato sauce, water, and 1/4 teaspoon pepper. Reduce heat, and simmer, uncovered, 5 minutes, stirring often.
- ☐ Place 3/4 cup drained pasta on each of 4 plates; top each serving with 1 cup chicken mixture.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:17.15, Inflammation Score:-6, Nutrition Score:21.092608749866%

Flavonoids

Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 388.74kcal (19.44%), Fat: 4.73g (7.27%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 45.1g (15.03%), Net Carbohydrates: 41.52g (15.1%), Sugar: 5.56g (6.17%), Cholesterol: 86.75mg (28.92%), Sodium: 484.59mg (21.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.7g (79.4%), Selenium: 61µg (87.15%), Vitamin B3: 15.84mg (79.18%), Vitamin B6: 0.84mg (41.93%), Phosphorus: 361.08mg (36.11%), Manganese: 0.64mg (31.81%), Vitamin C: 26.12mg (31.67%), Potassium: 691.08mg (19.75%), Magnesium: 73.67mg (18.42%), Copper: 0.32mg (16.14%), Vitamin B5: 1.51mg (15.1%), Iron: 2.66mg (14.78%), Fiber: 3.58g (14.31%), Zinc: 1.99mg (13.24%), Vitamin B2: 0.21mg (12.52%), Vitamin E: 1.65mg (10.99%), Vitamin B1: 0.16mg (10.53%), Vitamin A: 478.58IU (9.57%), Folate: 25.98µg (6.49%), Vitamin B12: 0.35µg (5.78%), Vitamin K: 4.72µg (4.49%), Calcium: 44.92mg (4.49%)