



Speedy Skillet Chicken Cacciatore

READY IN



20 min.

SERVINGS



4

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce broad egg noodles curly style
- ☐ 1 tablespoon butter
- ☐ 19 ounce canned tomatoes italian-style canned
- ☐ 0.5 cup cup heavy whipping cream 35%
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper sweet green cut into thin strips
- ☐ 8 ounce mushrooms sliced
- ☐ 4 servings canadian parmesan cheese freshly grated
- ☐ 4 servings bell pepper

- ☐ 4 servings salt
- ☐ 1 teaspoon herb seasoning italian
- ☐ 4 small chicken breasts boneless skinless

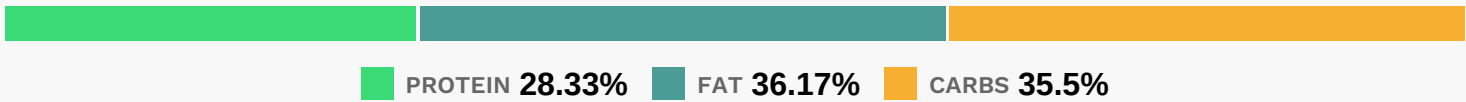
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add butter and swirl to coat pan; brown chicken, turning once, for about 2 min per side.
- ☐ Transfer to a plate.
- ☐ Add garlic, mushrooms, green pepper and Italian seasoning to pan and saute for about 3 min or until mushrooms start to brown.
- ☐ Add tomatoes and bring to a boil, scraping up brown bits stuck to pan. Arrange chicken in pan in a single layer, turning to coat in sauce. Reduce heat and simmer, turning chicken once, for about 8 min or until chicken is no longer pink inside and sauce is thickened.
- ☐ Meanwhile, in a large pot of boiling salted water, cook noodles for about 5 min or until just tender or according to package directions.
- ☐ Drain well.
- ☐ Using tongs, transfer chicken to a cutting board. Stir cream into sauce; increase heat to high and bring to a boil. Season to taste with salt and pepper. Divide noodles among serving bowls; slice chicken and arrange chicken on top of noodles. Spoon sauce over top and sprinkle with Canadian Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:21.57, Inflammation Score:-10, Nutrition Score:43.201304290606%

Flavonoids

Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 676.77kcal (33.84%), Fat: 27.68g (42.58%), Saturated Fat: 15.04g (93.99%), Carbohydrates: 61.11g (20.37%), Net Carbohydrates: 53.48g (19.45%), Sugar: 13.13g (14.59%), Cholesterol: 181.49mg (60.5%), Sodium: 1032.94mg (44.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.78g (97.56%), Vitamin C: 134.89mg (163.5%), Selenium: 94.94µg (135.63%), Vitamin B3: 17.71mg (88.55%), Vitamin B6: 1.58mg (79.13%), Phosphorus: 721.53mg (72.15%), Vitamin A: 3581.43IU (71.63%), Manganese: 0.99mg (49.4%), Calcium: 479.36mg (47.94%), Vitamin B2: 0.7mg (41.09%), Potassium: 1418.84mg (40.54%), Vitamin B5: 3.85mg (38.52%), Copper: 0.68mg (34.16%), Magnesium: 125.27mg (31.32%), Fiber: 7.62g (30.49%), Vitamin E: 4.05mg (26.98%), Vitamin B1: 0.4mg (26.39%), Iron: 4.71mg (26.16%), Zinc: 3.58mg (23.85%), Folate: 91.71µg (22.93%), Vitamin K: 22.89µg (21.8%), Vitamin B12: 0.83µg (13.78%), Vitamin D: 1.02µg (6.82%)