



Sweet Basil & Oregano Bruschetta Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces angel hair pasta
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 package gourmet basil & oregano bruschetta chicken sweet mccormick®
- ☐ 0.3 cup olive oil
- ☐ 2 pounds plum tomatoes quartered
- ☐ 1 pound chicken breasts boneless skinless cut into 1-inch strips

Equipment

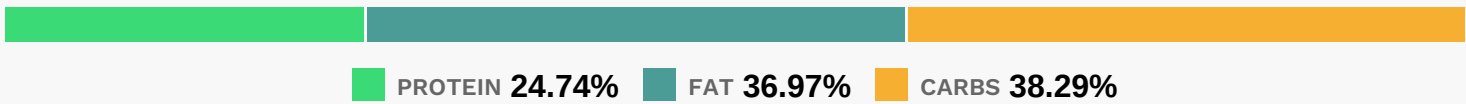
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Mix oil and Seasoning
- ☐ Mix in small bowl until well blended. Reserve 3 tablespoons.
- ☐ Place tomatoes in single layer on one side of large shallow foil-lined baking pan.
- ☐ Place chicken on other side of pan.
- ☐ Brush tomatoes then chicken generously with remaining oil mixture.
- ☐ Bake 30 minutes or until chicken is cooked through and tomatoes are tender.
- ☐ Meanwhile, cook pasta as directed on package.
- ☐ Drain well. Spoon tomatoes into large bowl; coarsely chop.
- ☐ Add pasta, chicken, pan juices, reserved oil mixture and vinegar; toss to coat.
- ☐ Sprinkle with grated Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:9.84, Inflammation Score:-7, Nutrition Score:13.483913152114%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 271.57kcal (13.58%), Fat: 11.12g (17.11%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 23.65g (8.6%), Sugar: 4.04g (4.49%), Cholesterol: 36.29mg (12.1%), Sodium: 73.79mg (3.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.49%), Selenium: 36.06µg (51.52%), Vitamin B3: 7.07mg (35.35%), Vitamin B6: 0.56mg (27.79%), Manganese: 0.4mg (20.09%), Phosphorus: 200.31mg (20.03%), Vitamin C: 16.24mg (19.68%), Vitamin A: 968.21IU (19.36%), Potassium: 544.46mg (15.56%), Vitamin K: 15.04µg (14.32%), Vitamin E: 2.05mg (13.66%), Magnesium: 42.56mg (10.64%), Vitamin B5: 1.03mg (10.31%), Fiber: 2.27g (9.08%), Copper: 0.17mg (8.26%), Vitamin B1: 0.1mg (6.92%), Zinc: 0.92mg (6.16%), Folate: 24.47µg (6.12%), Vitamin B2: 0.1mg (5.61%), Iron: 0.95mg (5.3%), Calcium: 20.98mg (2.1%), Vitamin B12: 0.11µg (1.89%)