



Tuscan Chicken Simmer

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cherry tomatoes
- 4 ounces philadelphia cream cheese cubed
- 1 cup five cheese blend shredded italian* style kraft finely
- 0.3 cup pesto
- 16 ounce chicken breast halves boneless skinless
- 0.3 cup water

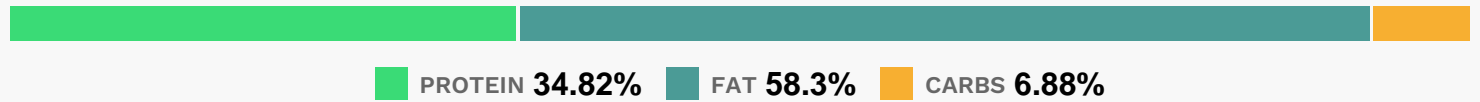
Equipment

- frying pan

Directions

- Heat large nonstick skillet sprayed with cooking spray on medium-high heat.
- Add chicken; cover. Cook 5 to 7 min. on each side or until done (165 degrees F).
- Remove chicken from skillet; cover to keep warm.
- Add next 4 ingredients to skillet. Cook, uncovered, on medium heat 2 min. or until heated through, stirring occasionally.
- Return chicken to skillet. Cook and stir 1 min. or until chicken is coated and heated through.
- Sprinkle with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:15.486956544544%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 391.77kcal (19.59%), Fat: 25.51g (39.24%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6g (2.18%), Sugar: 3.42g (3.8%), Cholesterol: 108.05mg (36.02%), Sodium: 427.62mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.27g (68.54%), Vitamin B3: 12.25mg (61.25%), Selenium: 39.1µg (55.85%), Vitamin B6: 0.92mg (46.2%), Phosphorus: 289.33mg (28.93%), Vitamin C: 18.35mg (22.24%), Vitamin A: 1091.54IU (21.83%), Vitamin B5: 1.87mg (18.74%), Potassium: 619.4mg (17.7%), Calcium: 122.76mg (12.28%), Vitamin B2: 0.19mg (11.47%), Magnesium: 38.89mg (9.72%), Vitamin B1: 0.11mg (7.06%), Zinc: 0.91mg (6.03%), Vitamin E: 0.88mg (5.84%), Iron: 1.05mg (5.82%), Manganese: 0.1mg (4.92%), Vitamin B12: 0.29µg (4.82%), Copper: 0.09mg (4.7%), Folate: 16.77µg (4.19%), Fiber: 0.77g (3.08%), Vitamin K: 2.91µg (2.77%)