



## Zesty Chicken & Orzo Skillet

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup cherry tomatoes halved
- 2 Tbsp basil fresh chopped
- 10 oz artichoke hearts frozen
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 cup orzo pasta uncooked
- 1 lb chicken breasts boneless skinless
- 1.5 cups water

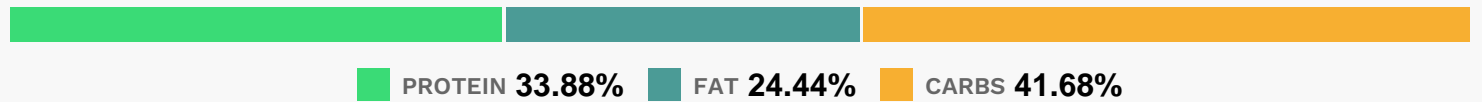
### Equipment

frying pan

## Directions

- Cook chicken in 2 Tbsp. dressing in large nonstick skillet on medium-high heat 4 min. on each side or until each is browned on both sides.
- Remove from skillet; set aside.
- Add remaining dressing and all remaining ingredients except basil to skillet; mix well. Bring to boil on medium heat.
- Top with chicken; cover. Simmer on medium-low heat 9 min. or until chicken is done (165F), stirring after 5 min.
- Remove from heat; let stand 5 min. Top with basil.

## Nutrition Facts



## Properties

Glycemic Index:4.48, Glycemic Load:1.8, Inflammation Score:-2, Nutrition Score:3.5299999943894%

## Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 59.72kcal (2.99%), Fat: 1.61g (2.48%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.5g (2%), Sugar: 0.82g (0.91%), Cholesterol: 11.61mg (3.87%), Sodium: 74.79mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Selenium: 9.75µg (13.92%), Vitamin B3: 2.13mg (10.67%), Vitamin B6: 0.16mg (8.11%), Phosphorus: 58.67mg (5.87%), Manganese: 0.1mg (4.94%), Vitamin K: 4.93µg (4.7%), Folate: 17.21µg (4.3%), Potassium: 127.06mg (3.63%), Vitamin B5: 0.31mg (3.14%), Magnesium: 12.19mg (3.05%), Vitamin C: 2.29mg (2.77%), Fiber: 0.68g (2.74%), Vitamin B2: 0.04mg (2.31%), Copper: 0.04mg (1.9%), Vitamin B1: 0.03mg (1.79%), Zinc: 0.24mg (1.62%), Vitamin A: 80.33IU (1.61%), Iron: 0.27mg (1.5%), Vitamin E: 0.18mg (1.21%)