



## 20-Minute Bruschetta-Chicken Skillet

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz canned tomatoes diced drained canned
- 0.5 cup croutons crushed
- 2 Tbsp basil fresh chopped
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 Tbsp oil
- 0.3 cup parmesan cheese divided grated kraft
- 1 lb chicken breasts boneless skinless

### Equipment

frying pan

## Directions

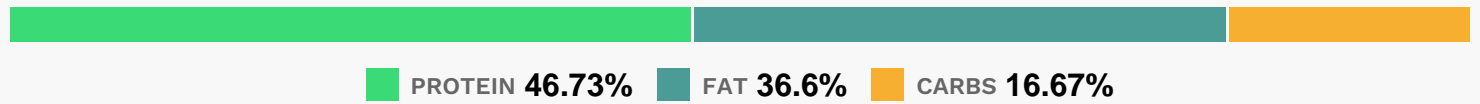
Heat oil in large skillet on medium heat.

Add chicken; cook 6 to 7 min. on each side or until done (165F). Meanwhile, combine tomatoes, mozzarella, basil and 2 Tbsp. Parmesan.

Add reserved tomato liquid to skillet. Top chicken with tomato mixture; simmer on medium-low heat 5 min. or until mozzarella is melted and tomato mixture is heated through.

Transfer chicken to serving plate; top with crushed croutons and remaining Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:45, Glycemic Load:3.9, Inflammation Score:-6, Nutrition Score:19.470000049342%

## Nutrients (% of daily need)

Calories: 269.82kcal (13.49%), Fat: 10.96g (16.86%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.11g (3.31%), Sugar: 4.54g (5.04%), Cholesterol: 86.97mg (28.99%), Sodium: 484.85mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.49g (62.99%), Vitamin B3: 13.29mg (66.46%), Selenium: 42.5µg (60.72%), Vitamin B6: 1.02mg (50.95%), Phosphorus: 380.41mg (38.04%), Potassium: 747.5mg (21.36%), Calcium: 212.56mg (21.26%), Vitamin K: 21.38µg (20.37%), Vitamin B5: 1.95mg (19.46%), Magnesium: 57.91mg (14.48%), Vitamin E: 2.14mg (14.3%), Vitamin B2: 0.24mg (14.21%), Vitamin C: 11.06mg (13.4%), Manganese: 0.26mg (13.01%), Copper: 0.24mg (11.82%), Vitamin B1: 0.18mg (11.71%), Iron: 2.02mg (11.23%), Zinc: 1.64mg (10.94%), Vitamin A: 534.91IU (10.7%), Fiber: 2.13g (8.51%), Vitamin B12: 0.43µg (7.1%), Folate: 26.16µg (6.54%), Vitamin D: 0.19µg (1.24%)