



WHATSheATE



## Baked Chicken Panzanella



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

### Ingredients

- ☐ 2 cups roasted chicken cooked chopped
- ☐ 14.5 oz tomatoes diced with garlic, onion and oregano, drained canned
- ☐ 0.3 cup spring onion sliced (4 medium)
- ☐ 5 oz croutons
- ☐ 0.3 cup salad dressing italian
- ☐ 0.8 cup parmesan shredded
- ☐ 0.3 cup basil fresh sliced

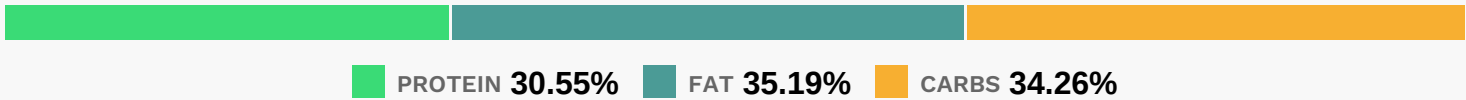
### Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 350°F. In ungreased 11x7-inch (2-quart) baking dish, layer chicken, tomatoes, green onions and croutons.
- ☐ Drizzle with Italian dressing.
- ☐ Cover with foil.
- ☐ Bake 20 minutes. Uncover; top with cheese.
- ☐ Bake about 10 minutes longer or until hot and cheese is melted.
- ☐ Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:33.5, Glycemic Load:11.81, Inflammation Score:-4, Nutrition Score:11.775652238856%

## Flavonoids

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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 259.8kcal (12.99%), Fat: 10.05g (15.46%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 20.01g (7.28%), Sugar: 2.89g (3.21%), Cholesterol: 43.5mg (14.5%), Sodium: 596.06mg (25.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.27%), Selenium: 23.44µg (33.49%), Vitamin B3: 5.53mg (27.64%), Phosphorus: 220.11mg (22.01%), Calcium: 198.84mg (19.88%), Vitamin K: 20.46µg (19.48%), Vitamin B6: 0.3mg (14.76%), Vitamin B1: 0.22mg (14.43%), Iron: 2.41mg (13.41%), Vitamin B2: 0.22mg (12.71%), Folate: 43.22µg (10.81%), Manganese: 0.2mg (10.12%), Zinc: 1.39mg (9.27%), Vitamin C: 7.37mg (8.94%), Potassium: 299.14mg (8.55%), Fiber: 2.01g (8.06%), Magnesium: 32.12mg (8.03%), Vitamin B5: 0.7mg (6.98%), Copper: 0.13mg (6.28%), Vitamin A: 294.73IU (5.89%), Vitamin E: 0.74mg (4.92%), Vitamin B12: 0.29µg (4.76%)