



Bruschetta Chicken Bake

READY IN



50 min.

SERVINGS



6

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce canned tomatoes diced with juice canned
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 teaspoon salt
- ☐ 2 cups mozzarella cheese shredded
- ☐ 1.5 pounds chicken breast halves boneless skinless cubed
- ☐ 6 ounce chicken-flavored bread stuffing mix dry
- ☐ 0.5 cup water

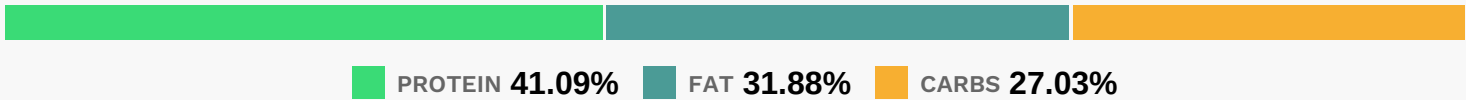
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13-inch glass baking dish with cooking spray.
- ☐ Toss the cubed chicken with the salt in a large bowl.
- ☐ Place the chicken in a layer into the bottom of the baking dish. Stir together tomatoes, water, garlic, and stuffing mix in a large bowl; set aside to soften.
- ☐ Sprinkle the cheese on top of the chicken, then sprinkle with the Italian seasoning.
- ☐ Spread the softened stuffing mixture on top.
- ☐ Bake uncovered until the chicken cubes have turned white and are no longer pink in the center, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:19.311303999113%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 354.9kcal (17.74%), Fat: 12.29g (18.9%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 22.15g (8.05%), Sugar: 2.78g (3.08%), Cholesterol: 102.35mg (34.12%), Sodium: 1152.93mg (50.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.26%), Selenium: 56.47µg (80.67%), Vitamin B3: 13.55mg (67.74%), Vitamin B6: 0.93mg (46.57%), Phosphorus: 413.54mg (41.35%), Calcium: 238.26mg (23.83%),

Vitamin B2: 0.34mg (19.97%), Vitamin B12: 1.08µg (18.06%), Vitamin B5: 1.8mg (17.97%), Vitamin B1: 0.26mg (17.13%), Potassium: 533.61mg (15.25%), Folate: 56.79µg (14.2%), Zinc: 2.05mg (13.68%), Manganese: 0.26mg (13.07%), Magnesium: 51.08mg (12.77%), Iron: 2mg (11.09%), Vitamin K: 6.6µg (6.29%), Vitamin A: 301.25IU (6.03%), Copper: 0.11mg (5.75%), Fiber: 1.29g (5.16%), Vitamin E: 0.55mg (3.65%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.26µg (1.75%)