



## Bruschetta Chicken Bake

READY IN



40 min.

SERVINGS



40

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz canned tomatoes diced undrained canned
- 1 tsp basil leaves dried
- 2 cloves garlic minced
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 6 oz stove top stuffing mix for chicken
- 0.5 cup water

### Equipment

oven

## Directions

- Heat oven to 400F.
- Mix tomatoes, stuffing mix, water and garlic just until stuffing mix is moistened.
- Place chicken in 3-qt. casserole sprayed with cooking spray; sprinkle with basil and cheese.
- Top with stuffing mixture.
- Bake 30 min. or until chicken is done.

## Nutrition Facts



## Properties

Glycemic Index:1.42, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.8743477904278%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 46.2kcal (2.31%), Fat: 1.23g (1.89%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.51g (1.28%), Sugar: 0.62g (0.69%), Cholesterol: 13.14mg (4.38%), Sodium: 111.42mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Selenium: 7.99µg (11.42%), Vitamin B3: 2.1mg (10.48%), Vitamin B6: 0.15mg (7.41%), Phosphorus: 53.84mg (5.38%), Vitamin B2: 0.05mg (2.83%), Vitamin B1: 0.04mg (2.79%), Vitamin B5: 0.28mg (2.76%), Potassium: 95.7mg (2.73%), Calcium: 23.34mg (2.33%), Folate: 8.93µg (2.23%), Manganese: 0.04mg (2.11%), Iron: 0.37mg (2.04%), Magnesium: 8.09mg (2.02%), Vitamin B12: 0.1µg (1.65%), Zinc: 0.24mg (1.59%), Vitamin C: 1.17mg (1.42%), Copper: 0.02mg (1.18%), Fiber: 0.25g (1.01%)