



## Campbell's Skillet Chicken Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups sauce italian traditional prego®
- 6 tablespoons parmesan cheese grated
- 1.5 cups part-skim mozzarella cheese shredded
- 6 small chicken breast boneless skinless

### Equipment

- frying pan

## Directions

- Stir 4 tbsp. Parmesan cheese into pasta sauce.
- Spray skillet with cooking spray and heat 1 min.
- Add chicken and cook until browned.
- Drain.
- Pour pasta sauce over chicken; turn breasts over to coat both sides with sauce. Cover and cook over medium heat 10 min. or until done.
- Top with mozzarella cheese and remaining 2 tbsp. Parmesan cheese.
- Let stand 5 min. or until cheese is melted.

## Nutrition Facts

**PROTEIN 46.3%** **FAT 28.09%** **CARBS 25.61%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:14.05869549772%

## Nutrients (% of daily need)

Calories: 293.15kcal (14.66%), Fat: 8.84g (13.61%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 18.13g (6.59%), Sugar: 13.98g (15.54%), Cholesterol: 94.59mg (31.53%), Sodium: 1101.66mg (47.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.59%), Selenium: 41.94µg (59.92%), Vitamin B3: 11.82mg (59.1%), Vitamin B6: 0.87mg (43.5%), Phosphorus: 398.64mg (39.86%), Calcium: 268.81mg (26.88%), Vitamin B5: 1.65mg (16.49%), Potassium: 450.82mg (12.88%), Vitamin B2: 0.22mg (12.65%), Zinc: 1.64mg (10.96%), Magnesium: 37.57mg (9.39%), Vitamin B12: 0.52µg (8.72%), Vitamin B1: 0.08mg (5.25%), Vitamin A: 211.83IU (4.24%), Iron: 0.5mg (2.79%), Copper: 0.04mg (1.98%), Vitamin E: 0.28mg (1.86%), Folate: 7.34µg (1.84%), Vitamin C: 1.36mg (1.64%), Vitamin D: 0.22µg (1.48%), Manganese: 0.02mg (1.2%)