



Cheese Lover's Chicken

READY IN

ready

85 min.

SERVINGS

servings

15

CALORIES

calories

367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce tomato sauce canned
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley dried
- ☐ 1 cup bread crumbs dry fine
- ☐ 1 medium garlic clove chopped
- ☐ 1 teaspoon garlic salt to taste
- ☐ 1 teaspoon oregano dried
- ☐ 15 servings salt and pepper to taste
- ☐ 1 pound cheddar cheese shredded

- ☐ 1 pound mozzarella cheese shredded
- ☐ 3 pounds chicken breast halves boneless skinless
- ☐ 6 ounce tomato paste canned
- ☐ 1 tablespoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish that is deep enough to allow at least one inch between the chicken and the top of the dish.
- ☐ In a large pot over medium heat, stir together tomato sauce, tomato paste, sugar, parsley, basil, oregano, and garlic.
- ☐ Meanwhile, in a large bowl, toss chicken with bread crumbs until completely covered. Arrange chicken in baking dish and sprinkle to taste with garlic salt and pepper to taste. Top chicken with half of shredded Cheddar and mozzarella cheeses.
- ☐ Pour tomato sauce evenly over chicken. Reserve half of the remaining Cheddar and mozzarella cheeses, and sprinkle the rest over the chicken and sauce.
- ☐ Cover dish with aluminum foil and bake for about 50 minutes, or until chicken is cooked through.
- ☐ Remove foil, and top with remaining Cheddar and mozzarella cheeses. Return dish to oven and cook, uncovered, until the cheese on top melts.
- ☐ Remove pan from oven and let sit five minutes before serving.

Nutrition Facts



 **PROTEIN 38.22%**  **FAT 49.28%**  **CARBS 12.5%**

Properties

Glycemic Index:16.14, Glycemic Load:2.16, Inflammation Score:-7, Nutrition Score:19.361304303874%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 367.1kcal (18.35%), Fat: 19.99g (30.75%), Saturated Fat: 10.42g (65.1%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 9.93g (3.61%), Sugar: 4.18g (4.65%), Cholesterol: 112.19mg (37.4%), Sodium: 1178.01mg (51.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.76%), Selenium: 44.99µg (64.28%), Vitamin B3: 10.7mg (53.49%), Phosphorus: 467.59mg (46.76%), Calcium: 400.29mg (40.03%), Vitamin B6: 0.8mg (39.88%), Vitamin B2: 0.38mg (22.56%), Vitamin B12: 1.22µg (20.28%), Zinc: 2.79mg (18.6%), Potassium: 602.16mg (17.2%), Vitamin B5: 1.71mg (17.1%), Vitamin A: 807.43IU (16.15%), Magnesium: 52.59mg (13.15%), Vitamin B1: 0.17mg (11.22%), Vitamin E: 1.45mg (9.69%), Manganese: 0.19mg (9.57%), Iron: 1.67mg (9.3%), Vitamin C: 6.18mg (7.49%), Copper: 0.15mg (7.27%), Folate: 26.92µg (6.73%), Vitamin K: 6.33µg (6.03%), Fiber: 1.48g (5.91%), Vitamin D: 0.39µg (2.62%)