



Chicken Italiano

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce block cream cheese fat-free
- 20 ounce pkt spinach frozen thawed drained chopped
- 0.5 cup italian-seasoned breadcrumbs
- 2 teaspoons olive oil
- 0.3 teaspoon oregano dried
- 1 ounce parmesan cheese fresh grated
- 4 ounce part-skim mozzarella cheese cut in half
- 16 ounce skinned

4 inch tomatoes

Equipment

frying pan

oven

baking pan

Directions

Preheat oven to 35

Combine spinach and cream cheese. Press spinach mixture into bottom of a 13 x 9-inch baking dish coated with cooking spray.

Place breadcrumbs in a shallow dish.

Cut each chicken breast in half horizontally to make 2 cutlets. Dredge chicken in breadcrumbs.

Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.

Add chicken; cook 2 minutes on each side or until lightly browned. Arrange chicken over spinach mixture. Top with mozzarella, and sprinkle with oregano. Top with the tomato slices and Parmesan.

Bake at 350 for 30 minutes. Spoon one-fourth spinach mixture onto each of 4 plates; arrange 2 chicken cutlets and 2 tomato slices over spinach mixture.

Note: Before making cutlets (see the third paragraph), partially freeze chicken for easier slicing.

Nutrition Facts

 **PROTEIN 48.8%** **FAT 29.81%** **CARBS 21.39%**

Properties

Glycemic Index:17.5, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:43.350434780121%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 405.62kcal (20.28%), Fat: 13.49g (20.75%), Saturated Fat: 5.58g (34.9%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 16.85g (6.13%), Sugar: 5.34g (5.93%), Cholesterol: 102.49mg (34.16%), Sodium: 1124.08mg (48.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.69g (99.37%), Vitamin K: 537.3µg (511.71%), Vitamin A: 16929.34IU (338.59%), Selenium: 56.96µg (81.37%), Phosphorus: 811.92mg (81.19%), Calcium: 722.72mg (72.27%), Vitamin B3: 13.67mg (68.35%), Folate: 251.49µg (62.87%), Manganese: 1.19mg (59.28%), Vitamin B6: 1.18mg (58.84%), Vitamin B2: 0.75mg (44.35%), Magnesium: 165.42mg (41.36%), Potassium: 1140.24mg (32.58%), Vitamin E: 4.76mg (31.71%), Vitamin B1: 0.38mg (25.45%), Vitamin B5: 2.38mg (23.77%), Zinc: 3.5mg (23.34%), Iron: 4.13mg (22.94%), Fiber: 4.93g (19.72%), Vitamin B12: 1.14µg (18.92%), Copper: 0.3mg (15.17%), Vitamin C: 9.91mg (12.02%), Vitamin D: 0.23µg (1.56%)