



Chicken Parm Snackers

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chicken breast half boneless skinless cooked cut into 16 thin slices
- 2 oz low-moisture part-skim mozzarella cheese kraft ()
- 16 cracked pepper and olive oil woven wheat crackers
- 0.5 tsp oregano leaves dried
- 0.3 cup classico family favorites pasta sauce traditional

Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Cut cheese into 8 slices, then cut each slice in half. Toss chicken with pasta sauce.
- Place crackers in single layer on baking sheet; top with chicken mixture, cheese and oregano.
- Bake 5 to 6 min. or until cheese is melted.

Nutrition Facts

 **PROTEIN 35.95%**  **FAT 58.99%**  **CARBS 5.06%**

Properties

Glycemic Index:6.25, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.5595652247253%

Nutrients (% of daily need)

Calories: 53.98kcal (2.7%), Fat: 3.52g (5.42%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.36g (0.4%), Cholesterol: 13.61mg (4.54%), Sodium: 96.67mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Selenium: 5.61µg (8.01%), Vitamin B3: 1.57mg (7.83%), Phosphorus: 64.82mg (6.48%), Vitamin B6: 0.12mg (5.99%), Calcium: 59.02mg (5.9%), Vitamin E: 0.46mg (3.04%), Vitamin B2: 0.04mg (2.42%), Potassium: 82.58mg (2.36%), Vitamin B5: 0.23mg (2.32%), Vitamin K: 2.26µg (2.15%), Zinc: 0.3mg (1.98%), Magnesium: 6.77mg (1.69%), Vitamin A: 73.41IU (1.47%), Vitamin B12: 0.09µg (1.44%), Iron: 0.19mg (1.08%)