



Chicken Parm Snackers

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



22 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

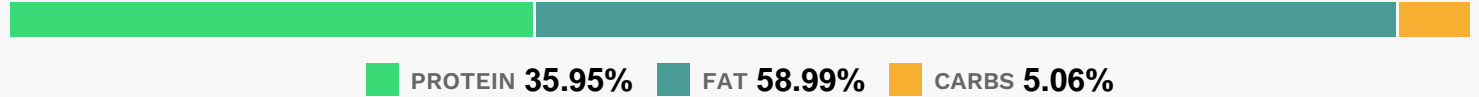
Equipment

- 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



Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.0234782682813%

Nutrients (% of daily need)

Calories: 21.59kcal (1.08%), Fat: 1.41g (2.17%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.14g (0.16%), Cholesterol: 5.44mg (1.81%), Sodium: 38.67mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Selenium: 2.24µg (3.2%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 25.93mg (2.59%), Vitamin B6: 0.05mg (2.4%), Calcium: 23.61mg (2.36%), Vitamin E: 0.18mg (1.22%)