



Chicken Parmesan

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce chicken breast strips/pre-cooked/chopped low-fat
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 cups tomatoes jarred
- ☐ 1 teaspoon oregano dried
- ☐ 4 tablespoons parmesan freshly grated

Equipment

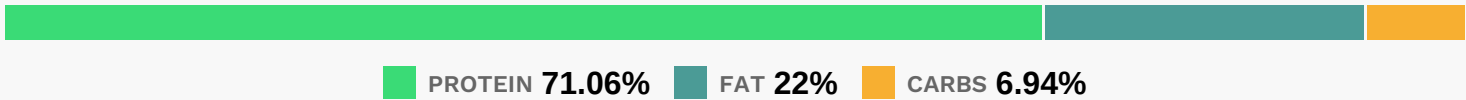
- ☐ oven
- ☐ roasting pan

☐ cake form

Directions

- ☐ Preheat oven to 425 F.
- ☐ Place the chicken in a shallow roasting pan or a 9-by-13-inch cake pan.
- ☐ Sprinkle with the oregano, then pour on the sauce.
- ☐ Sprinkle with the Parmesan and bake for 12 to 15 minutes or until the sauce is hot and the cheese is melted. Season with pepper to taste.
- ☐ Serve with mixed greens dressed with a vinaigrette.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:20.431739112605%

Nutrients (% of daily need)

Calories: 323.89kcal (16.19%), Fat: 7.66g (11.79%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.33g (3.7%), Cholesterol: 147.98mg (49.33%), Sodium: 641.6mg (27.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.71g (111.42%), Vitamin B3: 24.27mg (121.36%), Selenium: 48.65µg (69.5%), Vitamin B6: 1.12mg (56.03%), Phosphorus: 448.23mg (44.82%), Potassium: 720.55mg (20.59%), Vitamin B5: 1.95mg (19.54%), Magnesium: 66.83mg (16.71%), Vitamin B2: 0.27mg (16.06%), Iron: 2.89mg (16.03%), Zinc: 2.06mg (13.7%), Vitamin E: 1.89mg (12.57%), Vitamin B12: 0.64µg (10.64%), Calcium: 106.01mg (10.6%), Copper: 0.2mg (9.75%), Vitamin A: 481.64IU (9.63%), Vitamin B1: 0.14mg (9.6%), Manganese: 0.17mg (8.3%), Vitamin C: 6.44mg (7.81%), Fiber: 1.62g (6.46%), Vitamin K: 6.44µg (6.13%), Folate: 16.62µg (4.16%), Vitamin D: 0.2µg (1.3%)