



Chicken Parmesan Bake

♥ Popular

READY IN



55 min.

SERVINGS



8

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce sauce italian traditional prego®
- ☐ 0.3 cup parmesan cheese grated kraft®
- ☐ 8 ounce mozzarella cheese shredded kraft
- ☐ 2 pounds chicken breast halves boneless skinless
- ☐ 11.3 ounce garlic texas toast prepared pepperidge farm®

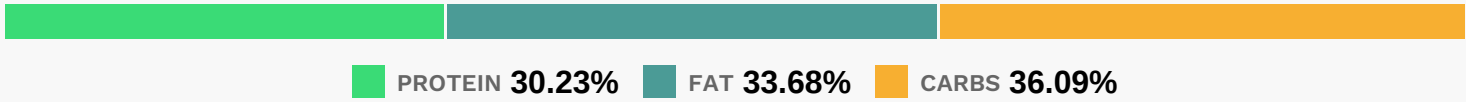
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 375 degrees F.
- ☐ Pour the sauce into a 13 x 9 x2-inch baking dish. Stir in half the Parmesan cheese.
- ☐ Add the chicken and turn to coat.
- ☐ Bake for 30 minutes.
- ☐ Sprinkle with the mozzarella cheese and remaining Parmesan cheese.
- ☐ Bake for 5 minutes or until the chicken is cooked through.
- ☐ Serve the chicken and sauce with the toast.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:15.562173890031%

Nutrients (% of daily need)

Calories: 475.55kcal (23.78%), Fat: 17.5g (26.93%), Saturated Fat: 7.01g (43.82%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 41.19g (14.98%), Sugar: 21.93g (24.37%), Cholesterol: 98.6mg (32.87%), Sodium: 1611.69mg (70.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.35g (70.7%), Selenium: 42.57µg (60.81%), Vitamin B3: 11.86mg (59.3%), Vitamin B6: 0.86mg (43.16%), Phosphorus: 364.91mg (36.49%), Iron: 6.54mg (36.35%), Calcium: 185.67mg (18.57%), Vitamin B5: 1.67mg (16.69%), Vitamin B12: 0.93µg (15.49%), Potassium: 448.79mg (12.82%), Vitamin B2: 0.21mg (12.24%), Zinc: 1.67mg (11.11%), Magnesium: 36.61mg (9.15%), Vitamin B1: 0.08mg (5.48%), Vitamin A: 261.7IU (5.23%), Fiber: 1g (3.99%), Vitamin E: 0.29mg (1.94%), Copper: 0.04mg (1.77%), Folate: 6.77µg (1.69%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.25µg (1.65%), Manganese: 0.03mg (1.45%)