



Chicken Parmesan Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 3 tablespoons basil fresh chopped
- ☐ 8 oz garlic refrigerated pillsbury® canned
- ☐ 1 teaspoon seasoning italian
- ☐ 1.8 cups tomatoes
- ☐ 0.5 cup parmesan cheese grated
- ☐ 6 oz mozzarella cheese shredded
- ☐ 4 chicken breast boneless skinless cut into 1-inch pieces

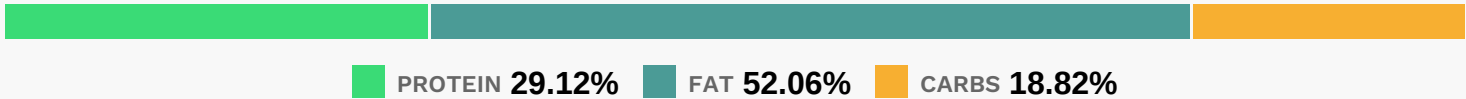
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. In 12x8-inch (2-quart) ceramic or glass baking dish, arrange chicken.
- ☐ Pour marinara sauce over top to coat chicken.
- ☐ Sprinkle with basil and mozzarella cheese.
- ☐ In small bowl, stir together melted butter and Italian seasoning.
- ☐ Separate dough into 8 breadsticks. Dip dough into melted butter mixture.
- ☐ Cut each breadstick into 1-inch pieces; scatter pieces over mozzarella cheese.
- ☐ Sprinkle Parmesan cheese over dough.
- ☐ Bake 25 to 30 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F) and cheese melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:4.92, Inflammation Score:-7, Nutrition Score:20.329999892608%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 380.98kcal (19.05%), Fat: 22.4g (34.46%), Saturated Fat: 12.71g (79.45%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 16.2g (5.89%), Sugar: 3.24g (3.61%), Cholesterol: 107.96mg (35.99%), Sodium: 846.25mg (36.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.37%), Vitamin B6: 1.13mg (56.28%), Selenium: 37.8µg (54%), Vitamin B3: 8.9mg (44.48%), Phosphorus: 392.93mg (39.29%), Manganese: 0.76mg

(38.17%), Calcium: 309.47mg (30.95%), Vitamin C: 17.89mg (21.68%), Vitamin A: 1007.42IU (20.15%), Potassium: 689.93mg (19.71%), Vitamin B2: 0.28mg (16.45%), Vitamin B5: 1.61mg (16.07%), Vitamin B12: 0.93µg (15.56%), Zinc: 2.25mg (15.01%), Magnesium: 50.16mg (12.54%), Copper: 0.23mg (11.4%), Vitamin E: 1.69mg (11.28%), Iron: 1.93mg (10.7%), Vitamin K: 10.79µg (10.28%), Vitamin B1: 0.15mg (10.22%), Fiber: 2.02g (8.09%), Folate: 14.95µg (3.74%), Vitamin D: 0.23µg (1.54%)