



## Chicken Parmesan Melt

READY IN



14 min.

SERVINGS



14

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 2 slices bread italian toasted
- 0.3 cup classico family favorites pasta sauce traditional
- 0.3 cup mozzarella cheese shredded kraft

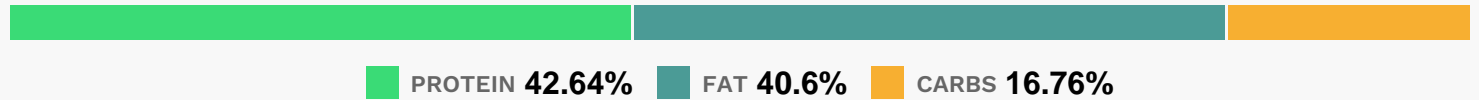
## Equipment

- baking sheet
- oven
- toaster

## Directions

- Heat oven or toaster oven to 400F.
- Toss chicken strips with sauce; spoon onto toast slices.
- Place on baking sheet; sprinkle with cheese.
- Bake 3 to 4 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:5.14, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.6643478280824%

## Nutrients (% of daily need)

Calories: 43.04kcal (2.15%), Fat: 1.9g (2.93%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.06g (1.18%), Cholesterol: 11.91mg (3.97%), Sodium: 52.87mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin B3: 1.84mg (9.2%), Selenium: 3.72µg (5.31%), Vitamin B6: 0.08mg (3.9%), Phosphorus: 37.02mg (3.7%), Potassium: 51.82mg (1.48%), Vitamin B2: 0.02mg (1.47%), Vitamin B12: 0.09µg (1.45%), Vitamin B5: 0.13mg (1.34%), Iron: 0.24mg (1.32%), Zinc: 0.2mg (1.3%), Magnesium: 5.07mg (1.27%), Calcium: 12.53mg (1.25%)