



Chicken Parmesan Pasta

READY IN



40 min.

SERVINGS



40

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz pasta like spaghetti cooked drained
- 1 cup bread crumbs dry italian-style
- 2 egg whites lightly beaten
- 1 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 3 cups classico family favorites pasta sauce divided traditional
- 1.5 cups milk mozzarella cheese shredded 2% kraft
- 1.5 lb chicken breasts boneless skinless

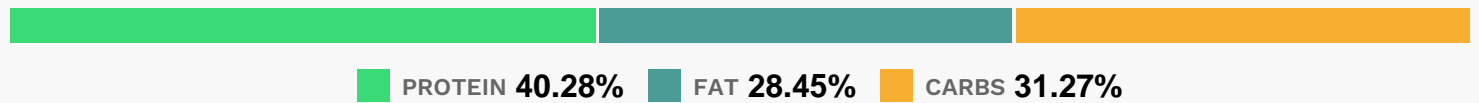
Equipment

- frying pan
- oven

Directions

- Heat oven to 400F.
- Dip chicken in egg whites, then in bread crumbs, turning to evenly coat both sides of each breast.
- Place in 13x9-inch pan sprayed with cooking spray.
- Bake 20 to 25 min. or until chicken is done (165F). Top with 2 cups sauce, cheeses and oregano.
- Bake 5 min. or until mozzarella is melted. Meanwhile, heat remaining sauce.
- Toss spaghetti with sauce; place on plate. Top with chicken.

Nutrition Facts



Properties

Glycemic Index:3.14, Glycemic Load:0.94, Inflammation Score:-2, Nutrition Score:3.5178261062373%

Nutrients (% of daily need)

Calories: 57.32kcal (2.87%), Fat: 1.8g (2.76%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.95g (1.44%), Sugar: 0.9g (1%), Cholesterol: 14.75mg (4.92%), Sodium: 166.41mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Selenium: 8.59µg (12.27%), Vitamin B3: 2.16mg (10.8%), Vitamin B6: 0.15mg (7.67%), Phosphorus: 66.73mg (6.67%), Potassium: 132.03mg (3.77%), Vitamin B2: 0.06mg (3.62%), Calcium: 36.22mg (3.62%), Vitamin B5: 0.33mg (3.3%), Manganese: 0.06mg (3.25%), Vitamin B1: 0.04mg (2.92%), Magnesium: 10.45mg (2.61%), Iron: 0.46mg (2.57%), Vitamin B12: 0.15µg (2.48%), Vitamin A: 119.23IU (2.38%), Zinc: 0.35mg (2.34%), Vitamin E: 0.32mg (2.14%), Fiber: 0.49g (1.97%), Copper: 0.04mg (1.91%), Vitamin C: 1.49mg (1.81%), Folate: 6.02µg (1.5%), Vitamin K: 1.11µg (1.06%)