



Chicken Parmigiana with Fresh Tomato Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp basil fresh chopped
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 small onion chopped
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless
- 0.3 cup tuscan house dressing italian kraft
- 2 tomatoes chopped
- 1 pkt. shake 'n bake extra seasoned coating mix crispy

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Equipment

frying pan

oven

Directions

Heat oven to 400F.

Add Parmesan to coating mix in shaker bag; shake gently to combine. Coat chicken with Parmesan mixture, then bake as directed on package.

Meanwhile, cook onions in dressing in large skillet on medium-high heat 4 min. or until onions are crisp-tender. Stir in tomatoes; cook 2 to 3 min. or until heated through, stirring occasionally. Stir in basil. Keep warm.

Top chicken with sauce and cheese.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.3395651915799%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 33.86kcal (1.69%), Fat: 1.43g (2.21%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.55g (0.61%), Cholesterol: 11.84mg (3.95%), Sodium: 68.5mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin B3: 1.64mg (8.19%), Selenium: 5.55µg (7.93%), Vitamin B6: 0.13mg (6.34%), Phosphorus: 50.61mg (5.06%), Vitamin K: 3.58µg (3.41%), Calcium: 27.53mg (2.75%), Potassium: 85.28mg (2.44%), Vitamin B5: 0.23mg (2.32%), Vitamin A: 114.34IU (2.29%), Vitamin C: 1.56mg (1.89%), Vitamin B2: 0.03mg (1.6%), Magnesium: 6.25mg (1.56%), Zinc: 0.21mg (1.4%), Manganese: 0.02mg (1.06%), Vitamin B12: 0.06µg (1.01%)