

Crispy Mozzarella Chicken with Garlic Spinach

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 oz baby spinach leaves
- 2 cloves garlic minced
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 tsp olive oil
- 1 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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Equipment

- frying pan
- baking sheet
- oven
- plastic wrap
- aluminum foil
- dutch oven
- tongs

Directions

- Heat oven to 400F.
- Place chicken between 2 sheets of plastic wrap; pound to 1/4-inch thickness.
- Coat chicken with coating mix as directed on package; place on foil-covered baking sheet.
- Bake 10 min. Discard shaker bag and any remaining coating mix.
- Top chicken with cheese; bake 4 to 5 min. or until chicken is done (165F) and cheese is melted.
- Meanwhile, heat oil in Dutch oven or large deep skillet on medium heat.
- Add garlic; cook and stir 1 min.
- Add half the spinach; cook 1 min. or just until spinach starts to wilt, turning constantly with tongs.
- Add remaining spinach; cook 1 min. or just until wilted, turning occasionally.
- Serve chicken with spinach.

Nutrition Facts



PROTEIN 55.9% **FAT 37.98%** **CARBS 6.12%**

Properties

Glycemic Index:2.07, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:5.1769565706668%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 31.63kcal (1.58%), Fat: 1.32g (2.03%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.29g (0.1%), Sugar: 0.08g (0.09%), Cholesterol: 12.07mg (4.02%), Sodium: 47.41mg (2.06%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.37g (8.74%), Vitamin K: 41.35µg (39.38%), Vitamin A: 820.01IU (16.4%), Vitamin B3: 1.64mg (8.22%), Selenium: 5.49µg (7.84%), Vitamin B6: 0.13mg (6.75%), Phosphorus: 53.51mg (5.35%), Folate: 17.45µg (4.36%), Manganese: 0.08mg (4.11%), Calcium: 38.74mg (3.87%), Vitamin C: 2.63mg (3.19%), Potassium: 107.34mg (3.07%), Magnesium: 11.56mg (2.89%), Vitamin B2: 0.04mg (2.51%), Vitamin B5: 0.23mg (2.25%), Vitamin E: 0.25mg (1.67%), Iron: 0.3mg (1.67%), Zinc: 0.24mg (1.59%), Vitamin B1: 0.02mg (1.16%), Vitamin B12: 0.06µg (1.01%)