

Easy Chicken Parmesan

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons parmesan cheese 100% divided grated kraft
- 700 ml pasta sauce
- 1.5 cups mozzarella cheese shredded kraft
- 6 small chicken breast boneless skinless

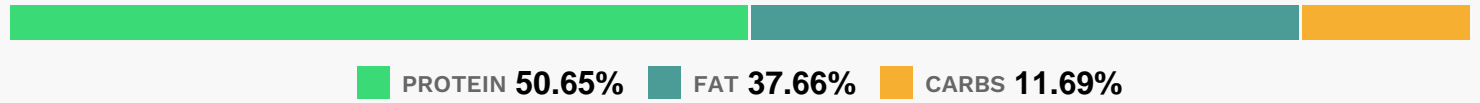
Equipment

- oven
- baking pan

Directions

- Heat oven to 375 degrees F.
- Pour sauce into 13x9-inch baking dish. Stir in 1/4 cup Parmesan.
- Add chicken; turn to evenly coat both sides with sauce. Cover.
- Bake 30 minutes or until chicken is done (170 degrees F).
- Top with remaining cheeses; bake 5 minutes or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:18.780000059501%

Nutrients (% of daily need)

Calories: 262.87kcal (13.14%), Fat: 10.95g (16.84%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 5.84g (2.12%), Sugar: 4.59g (5.1%), Cholesterol: 98.79mg (32.93%), Sodium: 966.8mg (42.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.25%), Vitamin B3: 13.02mg (65.08%), Selenium: 43.39µg (61.99%), Vitamin B6: 0.98mg (48.96%), Phosphorus: 400.74mg (40.07%), Potassium: 807.4mg (23.07%), Calcium: 208.16mg (20.82%), Vitamin B5: 2.04mg (20.39%), Vitamin B2: 0.29mg (16.94%), Vitamin A: 789.56IU (15.79%), Vitamin B12: 0.93µg (15.53%), Magnesium: 54.85mg (13.71%), Vitamin E: 2.03mg (13.55%), Zinc: 1.96mg (13.04%), Vitamin C: 9.81mg (11.89%), Iron: 1.72mg (9.58%), Copper: 0.17mg (8.73%), Manganese: 0.16mg (7.94%), Vitamin B1: 0.11mg (7.4%), Fiber: 1.81g (7.25%), Folate: 17.65µg (4.41%), Vitamin K: 4.34µg (4.13%), Vitamin D: 0.25µg (1.67%)