



Easy Chicken Parmesan

READY IN



45 min.

SERVINGS



45

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 Tbsp parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 1.5 cup mozzarella cheese shredded kraft
- 1.5 lb chicken breasts boneless skinless
- 0.8 lb pasta like spaghetti uncooked

Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Pour sauce into 13x9-inch baking dish sprayed with cooking spray. Stir in 1/4 cup (4 Tbsp.) Parmesan.
- Add chicken; turn to evenly coat both sides of each breast with pasta sauce mixture. Cover.
- Bake 30 min. or until chicken is done (165F). Meanwhile, cook spaghetti as directed on package, omitting salt.
- Top chicken with remaining cheeses; bake, uncovered, 5 min. or until mozzarella is melted.
- Drain spaghetti.
- Serve topped with chicken and pasta sauce mixture.

Nutrition Facts

PROTEIN 34.74% **FAT 22.75%** **CARBS 42.51%**

Properties

Glycemic Index:2.53, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:3.3095652085284%

Nutrients (% of daily need)

Calories: 62.92kcal (3.15%), Fat: 1.57g (2.42%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 6.14g (2.23%), Sugar: 0.78g (0.87%), Cholesterol: 13.21mg (4.4%), Sodium: 124.73mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Selenium: 10.57µg (15.11%), Vitamin B3: 1.86mg (9.3%), Vitamin B6: 0.14mg (7.04%), Phosphorus: 67.56mg (6.76%), Manganese: 0.09mg (4.47%), Potassium: 121.77mg (3.48%), Vitamin B5: 0.3mg (3.02%), Calcium: 29.21mg (2.92%), Magnesium: 11.19mg (2.8%), Vitamin B2: 0.04mg (2.49%), Zinc: 0.37mg (2.44%), Copper: 0.04mg (2.2%), Vitamin B12: 0.12µg (2.07%), Vitamin A: 101.01IU (2.02%), Fiber: 0.47g (1.87%), Vitamin E: 0.27mg (1.77%), Iron: 0.32mg (1.77%), Vitamin C: 1.24mg (1.5%), Vitamin B1: 0.02mg (1.43%)