



Easy Chicken Parmigiana

READY IN



45 min.

SERVINGS



45

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted ()
- 6 cups pasta like spaghetti hot cooked
- 1.5 cups italian* five cheese blend shredded divided kraft finely
- 1.5 cups classico family favorites pasta sauce traditional
- 0.3 cup seasoned bread crumbs dry
- 1.5 lb chicken breasts boneless skinless

Equipment

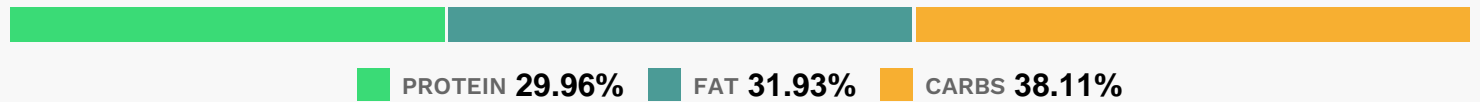
- oven

baking pan

Directions

- Preheat oven to 375F.
- Pour pasta sauce into 13x9-inch baking dish; set aside.
- Mix 1/2 cup of the cheese and the bread crumbs in separate shallow dish. Dip chicken in butter, then in cheese mixture, turning to evenly coat both sides.
- Place over pasta sauce in baking dish.
- Bake 30 min. or until chicken is cooked through; sprinkle with remaining 1 cup cheese.
- Bake an additional 5 min. or until cheese is melted.
- Serve over spaghetti.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:2.77, Inflammation Score:-1, Nutrition Score:2.7965217119326%

Nutrients (% of daily need)

Calories: 73.15kcal (3.66%), Fat: 2.59g (3.98%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.44g (2.34%), Sugar: 0.45g (0.5%), Cholesterol: 10.43mg (3.48%), Sodium: 87.3mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Selenium: 10.03µg (14.34%), Vitamin B3: 1.79mg (8.94%), Vitamin B6: 0.13mg (6.6%), Phosphorus: 46.65mg (4.66%), Manganese: 0.08mg (3.99%), Vitamin B5: 0.27mg (2.68%), Potassium: 90.99mg (2.6%), Iron: 0.42mg (2.32%), Magnesium: 8.96mg (2.24%), Fiber: 0.5g (2.01%), Vitamin A: 86.72IU (1.73%), Copper: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.6%), Zinc: 0.21mg (1.42%), Vitamin E: 0.2mg (1.33%), Calcium: 12.67mg (1.27%)