



## Foil-Pack Bruschetta Chicken Bake

READY IN



50 min.

SERVINGS



50

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 28 oz canned tomatoes diced drained canned
- 1 tsp basil leaves dried
- 2 cloves garlic minced
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken

### Equipment

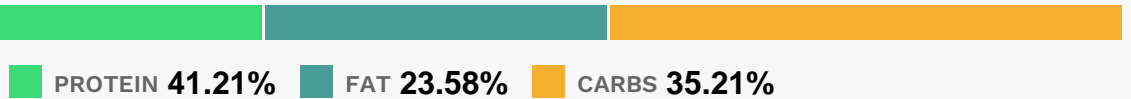
- baking sheet

- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Combine stuffing mix, tomatoes and garlic just until stuffing mix is moistened.
- Place 1 chicken breast on center of each of 6 large sheets heavy-duty foil sprayed with cooking spray; sprinkle with basil. Top with stuffing mixture and cheese. Fold foil to make 6 packets.
- Place in single layer on rimmed baking sheet.
- Bake 30 to 35 min. or until chicken is done (165F).
- Cut slits in foil to release steam before carefully opening packets.

## Nutrition Facts



## Properties

Glycemic Index:1.14, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.5408695430859%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 38.31kcal (1.92%), Fat: 0.99g (1.52%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 3.05g (1.11%), Sugar: 0.68g (0.76%), Cholesterol: 10.51mg (3.5%), Sodium: 100.37mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Selenium: 6.4µg (9.15%), Vitamin B3: 1.73mg (8.67%), Vitamin B6: 0.13mg (6.37%), Phosphorus: 44.58mg (4.46%), Potassium: 91.48mg (2.61%), Vitamin B2: 0.04mg (2.52%), Vitamin B1: 0.04mg (2.47%), Vitamin B5: 0.23mg (2.3%), Calcium: 21.06mg (2.11%), Iron: 0.37mg (2.06%), Vitamin C: 1.68mg (2.03%), Manganese: 0.04mg (1.99%), Folate: 7.78µg (1.94%), Magnesium: 7.32mg (1.83%), Zinc: 0.2mg (1.34%), Vitamin B12: 0.08µg (1.32%), Copper: 0.02mg (1.2%), Fiber: 0.28g (1.12%), Vitamin E: 0.15mg (1.03%), Vitamin K: 1.06µg (1.01%)