



## Hot Italian Chicken Sandwiches

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.5 cup classico family favorites pasta sauce traditional
- 1 lb chicken breasts boneless skinless
- 4 crusty buns split toasted
- 0.5 pkt. shake 'n bake chicken coating mix

### Equipment

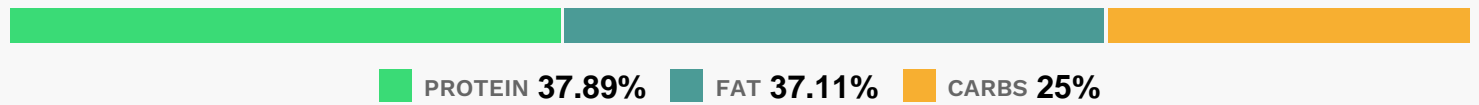
- baking sheet
- oven

aluminum foil

## Directions

- Preheat oven to 400F. Coat chicken in coating mix as directed on package.
- Place on foil-covered baking sheet.
- Bake 20 min. or until cooked through. Top with sauce and cheese.
- Bake an additional 5 min. or until cheese melts.
- Fill buns with chicken.

## Nutrition Facts



## Properties

Glycemic Index:3.93, Glycemic Load:3.13, Inflammation Score:-1, Nutrition Score:3.0608695875043%

## Nutrients (% of daily need)

Calories: 75.72kcal (3.79%), Fat: 3.06g (4.7%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.43g (1.61%), Sugar: 0.75g (0.84%), Cholesterol: 20.99mg (7%), Sodium: 102.12mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin B3: 2.48mg (12.42%), Selenium: 7.09µg (10.13%), Iron: 1.64mg (9.09%), Vitamin B6: 0.16mg (8.18%), Phosphorus: 64.48mg (6.45%), Vitamin B5: 0.35mg (3.46%), Potassium: 94.42mg (2.7%), Calcium: 25.47mg (2.55%), Vitamin B2: 0.04mg (2.44%), Zinc: 0.34mg (2.27%), Magnesium: 7.73mg (1.93%), Vitamin B12: 0.09µg (1.54%), Vitamin B1: 0.02mg (1.25%), Vitamin A: 53.46IU (1.07%)