



## Italian Parmesan Chicken with Tuscan Spinach Salad

READY IN



35 min.

SERVINGS



35

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz baby spinach leaves
- 15 oz .5 can cannellini beans rinsed canned
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup panko bread crumbs
- 0.3 cup seasoned parmesan cheese classic italian grated kraft
- 0.8 cup parmesan cheese shredded kraft
- 1 bell pepper red cut into thin strips
- 1.5 lb chicken breasts boneless skinless

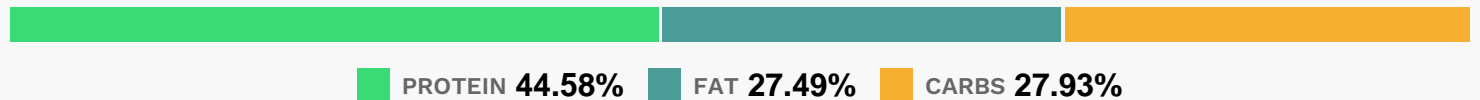
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Spray baking sheet with cooking spray.
- Combine bread crumbs and cheeses. Moisten chicken; lightly press cheese mixture onto both sides of chicken to partially coat.
- Place on baking sheet; sprinkle with remaining cheese mixture.
- Bake 28 to 30 min. or until chicken is done (165F).
- Heat dressing in large skillet on medium-high heat.
- Add peppers; cook and stir 3 to 4 min. or until crisp-tender.
- Add beans and spinach; cook 3 min. or just until spinach is wilted, stirring constantly.
- Serve chicken over spinach salad.

## Nutrition Facts



## Properties

Glycemic Index:3.49, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:5.6669564752475%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 56.84kcal (2.84%), Fat: 1.72g (2.65%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.45g (0.5%), Cholesterol: 14.52mg (4.84%), Sodium: 96.9mg (4.21%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Vitamin K: 25.08µg (23.88%), Vitamin A: 591.52IU (11.83%), Vitamin B3: 2.18mg (10.88%), Selenium: 7.45µg (10.64%), Vitamin B6: 0.18mg (8.94%), Phosphorus: 76.21mg (7.62%), Vitamin C: 5.96mg (7.22%), Manganese: 0.12mg (6.12%), Folate: 20.78µg (5.19%), Calcium: 48.36mg (4.84%), Potassium: 167.75mg (4.79%), Magnesium: 17.14mg (4.29%), Iron: 0.65mg (3.6%), Vitamin B5: 0.33mg (3.3%), Fiber: 0.8g (3.2%), Vitamin B2: 0.05mg (2.88%), Vitamin B1: 0.04mg (2.63%), Zinc: 0.39mg (2.58%), Vitamin E: 0.33mg (2.21%), Copper: 0.04mg (2.19%), Vitamin B12: 0.08µg (1.29%)