



Mediterranean Chicken Bake

READY IN



55 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken breast boneless skinless cubed
- ☐ 0.5 cup onion chopped
- ☐ 2 medium zucchini cut into 1/8-inch slices
- ☐ 0.5 cup orzo pasta uncooked
- ☐ 0.5 cup water
- ☐ 2 medium plum tomatoes chopped (Roma)
- ☐ 26 oz tomato basil sauce
- ☐ 8 oz mozzarella cheese shredded
- ☐ 1 teaspoon seasoning italian

- ☐ 6 sheets dough frozen thawed (filo) () (from 1-lb box)
- ☐ 3 tablespoons butter melted

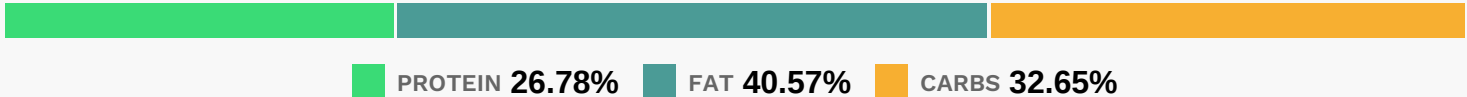
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass casserole dish

Directions

- ☐ Heat oven to 400°F. Spray 3-quart glass casserole with cooking spray. In 12-inch nonstick skillet, cook chicken over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink. Stir in onion, zucchini, pasta and water. Cook 5 to 6 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in tomatoes, pasta sauce, cheese and Italian seasoning. Spoon mixture into casserole.
- ☐ Brush top of each of phyllo sheet with melted butter. Crumple each phyllo sheet and place on top of chicken mixture in casserole. (See photo for example on how to cover top of chicken mixture.)
- ☐ Bake uncovered 20 to 30 minutes or until phyllo is golden brown.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:8.33, Inflammation Score:-8, Nutrition Score:20.757826110591%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 462.59kcal (23.13%), Fat: 20.6g (31.69%), Saturated Fat: 7.43g (46.42%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 31.34g (11.4%), Sugar: 12.36g (13.73%), Cholesterol: 78.24mg (26.08%), Sodium: 953mg

(41.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.59g (61.17%), Selenium: 43.16µg (61.65%), Vitamin B3: 9.36mg (46.8%), Vitamin B6: 0.75mg (37.34%), Phosphorus: 366.2mg (36.62%), Vitamin A: 1574.44IU (31.49%), Potassium: 989.6mg (28.27%), Vitamin C: 22.34mg (27.08%), Calcium: 262.29mg (26.23%), Fiber: 5.96g (23.85%), Manganese: 0.4mg (20.04%), Vitamin B2: 0.33mg (19.3%), Vitamin B12: 1.02µg (17%), Vitamin B1: 0.22mg (14.55%), Vitamin B5: 1.42mg (14.19%), Zinc: 2.09mg (13.93%), Magnesium: 53.36mg (13.34%), Iron: 2.38mg (13.22%), Folate: 46.81µg (11.7%), Vitamin K: 8.08µg (7.69%), Copper: 0.14mg (6.86%), Vitamin E: 0.71mg (4.77%), Vitamin D: 0.23µg (1.51%)