



Mozzarella Parmesan Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 10.8 ounce cream of celery soup low-fat canned
- ☐ 1 clove garlic minced
- ☐ 6 ounces mozzarella cheese low fat sliced
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon oregano dried
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 8 chicken breast halves boneless skinless

☐ 0.3 cup water

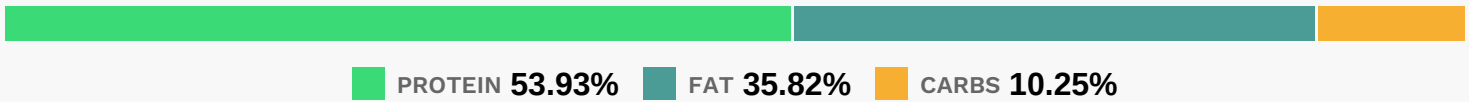
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken breasts in a 9x13 inch baking dish, in a single layer. Cover with the celery soup and bake uncovered in the preheated oven for 40 minutes. Turn chicken pieces over and bake for another 30 minutes, until browned.
- ☐ Remove from oven.
- ☐ Combine the mushroom soup, water, onion, garlic and oregano and mix all together.
- ☐ Pour mixture over chicken. Top with mozzarella cheese slices, pushing the cheese down into the sauce.
- ☐ Sprinkle grated Parmesan cheese on top and bake in the preheated oven for 20 minutes more until bubbly and golden brown.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:15.552173982496%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 244.03kcal (12.2%), Fat: 9.46g (14.55%), Saturated Fat: 3.97g (24.8%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.68g (2.07%), Sugar: 0.97g (1.08%), Cholesterol: 93.65mg (31.22%), Sodium: 762.81mg (33.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.08%), Vitamin B3: 12.26mg (61.32%), Selenium: 40.64µg (58.06%), Vitamin B6: 0.89mg (44.64%), Phosphorus: 372.18mg (37.22%), Vitamin B5: 2.06mg (20.65%),

Calcium: 204.76mg (20.48%), Potassium: 533.94mg (15.26%), Vitamin B2: 0.22mg (13.15%), Zinc: 1.8mg (12.02%),
Manganese: 0.23mg (11.27%), Magnesium: 40.25mg (10.06%), Vitamin B12: 0.5µg (8.36%), Copper: 0.16mg (8.01%),
Vitamin K: 7.37µg (7.02%), Vitamin B1: 0.1mg (6.41%), Iron: 0.96mg (5.33%), Vitamin E: 0.79mg (5.27%), Vitamin A:
260.48IU (5.21%), Folate: 11.01µg (2.75%), Vitamin C: 1.92mg (2.33%), Fiber: 0.41g (1.64%), Vitamin D: 0.19µg (1.24%)