



Oven-Baked Chicken Parmesan

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 2 cups classico family favorites pasta sauce traditional
- 1.5 cups mozzarella cheese shredded kraft
- 1.5 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake chicken coating mix

Equipment

- frying pan

oven

Directions

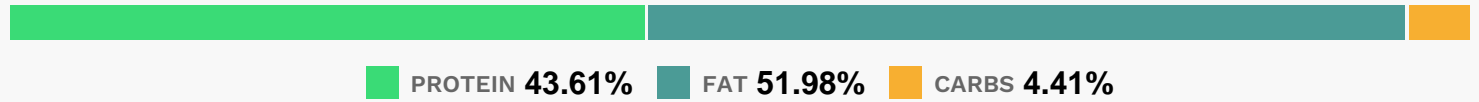
Heat oven to 400F.

Coat chicken with coating mix as directed on package; place in 13x9-inch pan sprayed with cooking spray.

Bake 20 min. or until chicken is done (165F).

Top with remaining ingredients; bake 5 min. or until pasta sauce is heated through and mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:2.57, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:5.1534782674002%

Nutrients (% of daily need)

Calories: 104.83kcal (5.24%), Fat: 5.95g (9.15%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.64g (0.71%), Cholesterol: 38.71mg (12.9%), Sodium: 171.21mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.45%), Vitamin B3: 4.26mg (21.32%), Selenium: 12.26µg (17.51%), Vitamin B6: 0.28mg (13.91%), Phosphorus: 114.56mg (11.46%), Vitamin B5: 0.62mg (6.16%), Potassium: 186.96mg (5.34%), Vitamin B2: 0.08mg (4.87%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.26µg (4.38%), Calcium: 42.82mg (4.28%), Magnesium: 15mg (3.75%), Vitamin A: 159.16IU (3.18%), Iron: 0.52mg (2.89%), Vitamin E: 0.38mg (2.54%), Vitamin B1: 0.04mg (2.38%), Vitamin C: 1.82mg (2.21%), Copper: 0.04mg (1.92%), Manganese: 0.03mg (1.55%), Vitamin K: 1.4µg (1.33%), Folate: 4.48µg (1.12%), Fiber: 0.27g (1.08%)