



Pizza Chicken Bake

READY IN



60 min.

SERVINGS



8

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce pizza sauce divided
- 0.5 pound mozzarella cheese shredded
- 3 pounds chicken breast halves boneless skinless
- 16 ounce pasta like spaghetti
- 1 pound turkey pepperoni sliced
- 1 cup water

Equipment

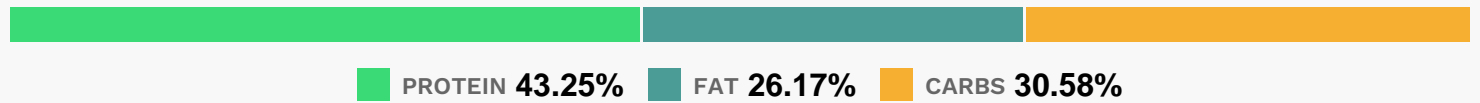
- oven

- baking pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Stir water and half the pizza sauce together in the bottom of a 13x9-inch baking dish. Lie spaghetti atop the sauce mixture. Arrange chicken atop the noodles.
- Pour remaining sauce over the chicken breasts and spaghetti; top with pepperoni and mozzarella cheese. Cover the baking dish with aluminum foil.
- Bake in preheated oven for 45 minutes.
- Remove foil and continue baking until chicken is no longer pink in the center and cheese is bubbling, 5 to 10 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:18.16, Inflammation Score:-6, Nutrition Score:27.62173909208%

Nutrients (% of daily need)

Calories: 640.7kcal (32.03%), Fat: 18.3g (28.15%), Saturated Fat: 6.97g (43.57%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 45.45g (16.53%), Sugar: 3.82g (4.25%), Cholesterol: 201mg (67%), Sodium: 1702.17mg (74.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.04g (136.08%), Selenium: 95.42µg (136.32%), Vitamin B3: 19.3mg (96.48%), Vitamin B6: 1.42mg (71.03%), Phosphorus: 580.03mg (58%), Zinc: 5.18mg (34.53%), Potassium: 1200.32mg (34.29%), Manganese: 0.61mg (30.73%), Vitamin B5: 2.88mg (28.83%), Magnesium: 111.99mg (28%), Copper: 0.4mg (19.81%), Iron: 3.57mg (19.81%), Vitamin B2: 0.32mg (18.89%), Calcium: 187.14mg (18.71%), Vitamin B12: 0.99µg (16.44%), Vitamin B1: 0.18mg (12.13%), Fiber: 2.66g (10.66%), Vitamin A: 515.96IU (10.32%), Vitamin E: 1.26mg (8.37%), Vitamin C: 6.01mg (7.28%), Folate: 26.37µg (6.59%), Vitamin K: 2.64µg (2.51%), Vitamin D: 0.28µg (1.89%)