



WHATSheATE



Prego® Easy Skillet Chicken Parm



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups sauce italian traditional prego®
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 6 chicken breast halves boneless skinless

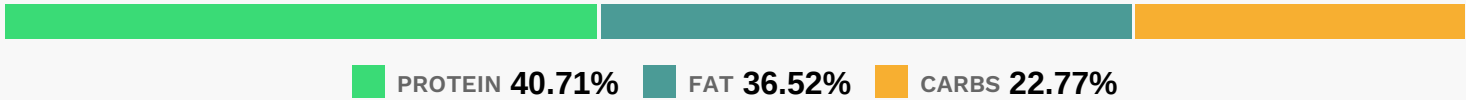
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 12-inch skillet over medium-high heat.
- ☐ Add chicken and cook 10 minutes or until well browned on both sides.
- ☐ Stir sauce and 3 tablespoons Parmesan cheese in skillet. Reduce heat to medium. Cover and cook 10 minutes or until chicken is cooked through.
- ☐ Sprinkle mozzarella cheese and remaining Parmesan cheese over chicken.
- ☐ Let stand 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:14.030869437301%

Nutrients (% of daily need)

Calories: 323.15kcal (16.16%), Fat: 12.74g (19.61%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 17.87g (6.5%), Sugar: 13.95g (15.5%), Cholesterol: 98.07mg (32.69%), Sodium: 1089.37mg (47.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.96g (63.93%), Selenium: 42.38µg (60.54%), Vitamin B3: 11.82mg (59.09%), Vitamin B6: 0.86mg (43.01%), Phosphorus: 362.84mg (36.28%), Calcium: 183.91mg (18.39%), Vitamin B5: 1.66mg (16.63%), Vitamin B12: 0.92µg (15.34%), Potassium: 447.07mg (12.77%), Vitamin B2: 0.21mg (12.15%), Zinc: 1.65mg (11.02%), Magnesium: 36.44mg (9.11%), Vitamin B1: 0.08mg (5.46%), Vitamin A: 259.22IU (5.18%), Vitamin E: 0.63mg (4.17%), Iron: 0.57mg (3.18%), Vitamin K: 2.35µg (2.23%), Copper: 0.04mg (1.76%), Folate: 6.73µg (1.68%), Vitamin C: 1.36mg (1.64%), Vitamin D: 0.25µg (1.64%), Manganese: 0.03mg (1.44%)