



## Saucy Parmesan Chicken

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

### Ingredients

- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless

### Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Mix dressing and cheese; pour over chicken in shallow dish. Turn chicken over to evenly coat both sides of each breast.
- Refrigerate 30 min. to marinate, turning chicken over after 15 min.
- Heat oven to 425F.
- Remove chicken from marinade; discard marinade.
- Place chicken on foil-covered baking sheet.
- Bake 20 min. or until done (165F).

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.8234783048215%

## Nutrients (% of daily need)

Calories: 76.33kcal (3.82%), Fat: 3.11g (4.79%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.64g (0.71%), Cholesterol: 31.2mg (10.4%), Sodium: 154.71mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.79%), Vitamin B3: 4.74mg (23.7%), Selenium: 15.51µg (22.15%), Vitamin B6: 0.35mg (17.28%), Phosphorus: 111.99mg (11.2%), Vitamin B5: 0.65mg (6.54%), Potassium: 177.36mg (5.07%), Vitamin K: 3.42µg (3.26%), Magnesium: 12.96mg (3.24%), Vitamin B2: 0.05mg (3.18%), Calcium: 25.13mg (2.51%), Zinc: 0.38mg (2.5%), Vitamin B12: 0.12µg (2.07%), Vitamin B1: 0.03mg (2.06%), Vitamin E: 0.23mg (1.52%), Iron: 0.19mg (1.08%)