



## Shortcut Chicken Parmesan

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz canned tomatoes diced italian-style undrained canned
- 1 lb breaded chicken cutlets frozen
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 cups rotini pasta uncooked

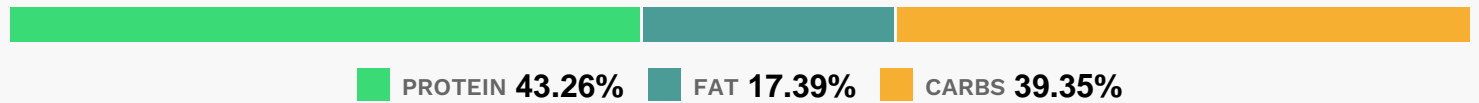
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Place chicken in 8-inch square baking dish; top with tomatoes and cheese.
- Bake 25 min. or until chicken is heated through and cheese is melted. Meanwhile, cook pasta as directed on package.
- Drain pasta.
- Serve topped with chicken.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:2.688260882445%

## Nutrients (% of daily need)

Calories: 41.05kcal (2.05%), Fat: 0.79g (1.21%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.62g (1.32%), Sugar: 0.71g (0.79%), Cholesterol: 10.87mg (3.62%), Sodium: 46.8mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Selenium: 7.71µg (11.02%), Vitamin B3: 1.81mg (9.04%), Vitamin B6: 0.14mg (7%), Phosphorus: 52.19mg (5.22%), Manganese: 0.06mg (3.17%), Potassium: 105.19mg (3.01%), Vitamin B5: 0.27mg (2.71%), Magnesium: 9.13mg (2.28%), Calcium: 20.69mg (2.07%), Copper: 0.04mg (2.02%), Vitamin B2: 0.03mg (1.77%), Vitamin C: 1.4mg (1.7%), Iron: 0.28mg (1.58%), Vitamin B1: 0.02mg (1.57%), Zinc: 0.23mg (1.54%), Fiber: 0.38g (1.52%), Vitamin E: 0.2mg (1.34%)