



## Simple Chicken Parmesan with Spaghetti

READY IN



45 min.

SERVINGS



45

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz canned tomatoes diced undrained canned
- 0.5 tsp basil leaves dried
- 0.5 lb multi-grain spaghetti uncooked
- 0.5 tsp oregano leaves dried
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless
- 0.3 cup shake 'n bake chicken coating mix ()

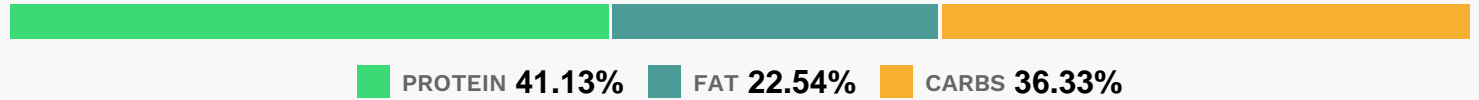
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 400F.
- Coat chicken with coating mix as directed on package; place in 8-inch square baking dish sprayed with cooking spray.
- Bake 15 min. Meanwhile, mix tomatoes and herbs.
- Top chicken with tomato mixture and cheese.
- Bake 15 min. or until chicken is done (165F). Meanwhile, cook spaghetti as directed on package, omitting salt.
- Drain spaghetti.
- Serve with chicken.

## Nutrition Facts



## Properties

Glycemic Index:3.1, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:2.3565217376403%

## Nutrients (% of daily need)

Calories: 31.59kcal (1.58%), Fat: 0.79g (1.21%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.38g (0.87%), Sugar: 0.62g (0.69%), Cholesterol: 7.66mg (2.55%), Sodium: 54.04mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin B3: 1.41mg (7.03%), Selenium: 4.84µg (6.91%), Manganese: 0.13mg (6.41%), Vitamin B6: 0.1mg (5.08%), Phosphorus: 39.6mg (3.96%), Potassium: 77.91mg (2.23%), Vitamin B1: 0.03mg (2.22%), Magnesium: 8.74mg (2.18%), Vitamin B5: 0.21mg (2.08%), Fiber: 0.48g (1.94%), Calcium: 18.7mg (1.87%), Iron: 0.31mg (1.72%), Vitamin B2: 0.03mg (1.6%), Copper: 0.03mg (1.55%), Zinc: 0.21mg (1.42%), Vitamin K: 1.3µg (1.24%), Vitamin C: 0.94mg (1.14%), Vitamin E: 0.17mg (1.1%)