



Slow-Cooker Chicken Parmesan with Penne Pasta

READY IN



325 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs plain
- 1 eggs
- 2 oz pizza cheese shredded italian
- 0.5 teaspoon seasoning italian
- 0.3 cup parmesan shredded
- 26 oz pasta sauce
- 8 oz penne pasta uncooked
- 0.3 teaspoon pepper

- 0.3 teaspoon salt
- 1.3 lb chicken breast boneless skinless

Equipment

- bowl
- slow cooker

Directions

- Spray 2- to 3-quart slow cooker with cooking spray.
- In small shallow bowl, beat egg until foamy. In separate shallow bowl, mix bread crumbs, Parmesan cheese, Italian seasoning, salt and pepper. Dip chicken into egg, then coat evenly with bread crumb mixture; place in cooker.
- Spread pasta sauce evenly over chicken.
- Cover; cook on Low heat setting 5 to 6 hours.
- Sprinkle Italian cheese blend over top. Cover; cook on Low heat setting 10 minutes longer. Meanwhile, cook and drain pasta as directed on package.
- Serve chicken with pasta.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:20.27, Inflammation Score:-8, Nutrition Score:29.686956571496%

Nutrients (% of daily need)

Calories: 546.59kcal (27.33%), Fat: 12.31g (18.95%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 54.57g (19.85%), Sugar: 8.75g (9.72%), Cholesterol: 140.14mg (46.71%), Sodium: 1428.64mg (62.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.84g (97.69%), Selenium: 89.84µg (128.34%), Vitamin B3: 18.22mg (91.08%), Vitamin B6: 1.36mg (68.15%), Phosphorus: 549.62mg (54.96%), Manganese: 0.85mg (42.73%), Potassium: 1243.52mg (35.53%), Vitamin B5: 3.09mg (30.94%), Magnesium: 104.29mg (26.07%), Vitamin B2: 0.41mg (24.19%), Copper: 0.45mg (22.55%), Iron: 3.83mg (21.29%), Vitamin E: 3.17mg (21.15%), Fiber: 5.12g (20.49%), Calcium: 199.07mg (19.91%), Vitamin A: 969.84IU (19.4%), Vitamin B1: 0.28mg (18.75%), Vitamin C: 14.61mg (17.7%), Zinc: 2.54mg (16.91%), Folate: 48.46µg (12.11%), Vitamin B12: 0.51µg (8.55%), Vitamin K: 8.03µg

(7.65%), Vitamin D: 0.4 μ g (2.69%)