



Zesty Marinated Chicken

 Gluten Free

READY IN



105 min.

SERVINGS



45

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup milk colby & monterey jack cheeses shredded 2% kraft
- 2 Tbsp basil fresh chopped
- 1 cup mushrooms fresh sliced
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup reduced fat topping parmesan style grated kraft
- 1 lb chicken breasts boneless skinless

Equipment

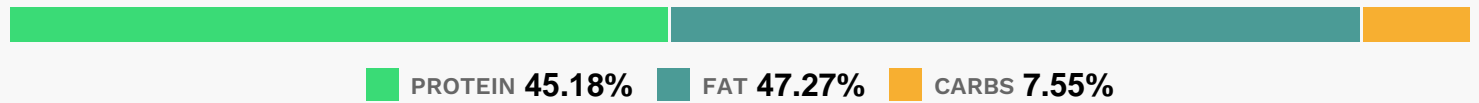
- frying pan

oven

Directions

- Heat oven to 350F.
- Pour dressing over chicken in shallow glass dish; turn to evenly coat chicken. Refrigerate 1 hour to marinate.
- Remove chicken from marinade; discard marinade.
- Place grated topping in shallow dish.
- Add chicken; turn to evenly coat both sides of each breast.
- Place in single layer in shallow pan sprayed with cooking spray.
- Bake 30 min. Meanwhile, cook mushrooms in skillet sprayed with cooking spray on high heat 3 min. or until tender, stirring frequently. Stir in basil.
- Top chicken with mushrooms and shredded cheese; bake 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.4243478253484%

Nutrients (% of daily need)

Calories: 22.65kcal (1.13%), Fat: 1.17g (1.8%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.33g (0.37%), Cholesterol: 7.64mg (2.55%), Sodium: 50.66mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin B3: 1.14mg (5.68%), Selenium: 3.68µg (5.26%), Vitamin B6: 0.08mg (4.03%), Phosphorus: 30.95mg (3.1%), Vitamin K: 2.67µg (2.55%), Vitamin B5: 0.18mg (1.8%), Vitamin B2: 0.02mg (1.43%), Potassium: 48.72mg (1.39%), Calcium: 12.59mg (1.26%)