

Italian Zoodles with Chicken & Parmesan

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-zoodles-recipe>

Ingredients:

- 2 zucchini small, spiralized
- 1 can cooked chicken or 1/2 cup diced cooked chicken breast
- 1 tablespoon butter
- 1/8 teaspoon rosemary
- 1/2 teaspoon powdered garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon basil
- 1 teaspoon oregano
- salt
- pepper
- 2 tablespoons shredded Parmesan Can also use the kind in a green can

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 85 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 6 grams
8. Sodium: 340 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Italian Zoodles with Chicken & Parmesan above. You can see more 15 italian zoodles recipe Experience culinary bliss now! to get more great cooking ideas.