

# Easy Italian Chicken

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-bone-in-chicken-breast>

## Ingredients:

- bone-in chicken breasts or any chicken pieces you want
- 14 1/2 ounces diced tomatoes can petite, or diced, fresh tomatoes
- 14 1/2 ounces tomato sauce
- 2 teaspoons garlic salt or powder
- 2 teaspoons italian seasoning
- 2 teaspoons dried oregano
- 1/2 cup red wine I used cooking wine
- 7/8 cheese Shredded Italian Blend
- Parmesan cheese

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 100 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 31 grams
7. SaturatedFat: 12 grams
8. Sodium: 860 milligrams
9. Sugar: 14 grams

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