



## Cheesy Chicken Florentine

READY IN



35 min.

SERVINGS



6

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz baby spinach leaves fresh
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup parmesan cheese grated kraft
- 1 cup classico family favorites pasta sauce traditional
- 3 cups penne pasta uncooked
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 4 oz velveeta cheese sauce queso blanco

### Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Cook pasta in large saucepan as directed on package, omitting salt. Meanwhile, cook and stir chicken in large skillet sprayed with cooking spray 8 to 10 min. or until done. Stir in pasta sauce; cook and stir 2 to 3 min. or until heated through.
- Drain pasta; return to saucepan.
- Add spinach, VELVEETA and Parmesan; mix lightly.
- Spoon pasta mixture into 13x9-inch baking dish sprayed with cooking spray; top with chicken mixture and mozzarella.
- Bake 10 to 15 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:19.83, Glycemic Load:17.71, Inflammation Score:-9, Nutrition Score:31.436521659727%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 437.49kcal (21.87%), Fat: 8.68g (13.35%), Saturated Fat: 3.77g (23.53%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 45.17g (16.42%), Sugar: 4.79g (5.32%), Cholesterol: 90.11mg (30.04%), Sodium: 781.3mg (33.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.91g (79.82%), Vitamin K: 138.57µg (131.98%), Selenium: 75.17µg (107.38%), Vitamin B3: 13.41mg (67.03%), Phosphorus: 632.53mg (63.25%), Vitamin A: 3135.69IU (62.71%), Vitamin B6: 1.03mg (51.72%), Manganese: 0.84mg (41.76%), Calcium: 269.57mg (26.96%), Potassium: 905.19mg (25.86%), Vitamin B2: 0.39mg (23.1%), Magnesium: 91.42mg (22.86%), Vitamin B5: 2.02mg (20.24%),

Folate: 74.42µg (18.61%), Zinc: 2.6mg (17.33%), Vitamin C: 12.2mg (14.79%), Copper: 0.28mg (14.05%), Iron: 2.38mg (13.2%), Fiber: 3.04g (12.14%), Vitamin B1: 0.16mg (10.53%), Vitamin E: 1.48mg (9.83%), Vitamin B12: 0.36µg (5.99%), Vitamin D: 0.16µg (1.08%)