



Chicken-and-Mushroom Florentine

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

Ingredients

- ☐ 0.8 pound chicken breast shredded cooked
- ☐ 4 cups ziti hot tube-shaped cooked uncooked (3 cups short pasta)
- ☐ 1 tablespoon cornstarch
- ☐ 12 ounce evaporated milk fat-free divided canned
- ☐ 16 ounce less-sodium chicken broth fat-free divided canned
- ☐ 1 teaspoon garlic powder
- ☐ 4 ounces marbled cheddar and monterey jack cheese shredded
- ☐ 4 cups mushrooms sliced
- ☐ 0.3 cup onion chopped

- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 10 ounce pkt spinach fresh

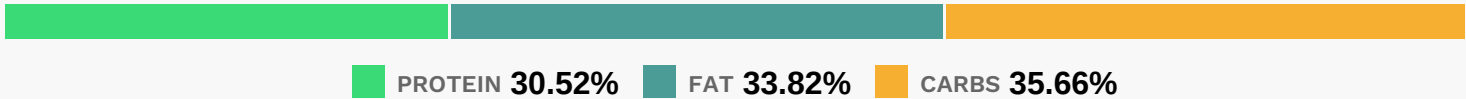
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bring 1 cup broth to a boil in a large nonstick skillet.
- ☐ Add mushrooms, onion, and spinach; reduce heat, and simmer for 10 minutes.
- ☐ Combine the remaining broth, 1 cup milk, garlic powder, and salt in a medium saucepan; bring to a simmer.
- ☐ Combine remaining milk and cornstarch in a small bowl.
- ☐ Add cornstarch mixture and mozzarella to broth mixture; cook 2 minutes or until thick.
- ☐ Arrange pasta in bottom of a 3-quart casserole coated with cooking spray; top with spinach mixture and chicken. Spoon broth mixture over chicken, and sprinkle with cheddar.
- ☐ Bake at 350 for 30 minutes or until cheese melts and begins to brown.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:12.92, Inflammation Score:-10, Nutrition Score:33.811739424001%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg

3.07mg, Kaempferol: 3.07mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin:
3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 476.39kcal (23.82%), Fat: 17.93g (27.58%), Saturated Fat: 9.33g (58.3%), Carbohydrates: 42.53g (14.18%),
Net Carbohydrates: 39.36g (14.31%), Sugar: 9.04g (10.04%), Cholesterol: 87.88mg (29.29%), Sodium: 879.7mg
(38.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.39g (72.79%), Vitamin K: 229.41µg (218.48%),
Vitamin A: 4825.74IU (96.51%), Selenium: 54.28µg (77.55%), Phosphorus: 562.31mg (56.23%), Calcium: 506.28mg
(50.63%), Vitamin B2: 0.78mg (46.06%), Manganese: 0.86mg (43.18%), Vitamin B3: 8.38mg (41.92%), Folate:
124.9µg (31.22%), Vitamin B6: 0.53mg (26.7%), Potassium: 930.9mg (26.6%), Magnesium: 101.33mg (25.33%), Zinc:
3.58mg (23.87%), Copper: 0.45mg (22.7%), Vitamin B5: 2.23mg (22.34%), Vitamin C: 16.36mg (19.83%), Iron:
3.25mg (18.07%), Vitamin B1: 0.2mg (13.62%), Fiber: 3.17g (12.67%), Vitamin B12: 0.74µg (12.4%), Vitamin E: 1.18mg
(7.87%), Vitamin D: 0.35µg (2.37%)