



## Chicken Florentine

READY IN



1480 min.

SERVINGS



8

CALORIES



899 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bread crumbs soft
- 2 tablespoons butter
- 4 pounds chicken breast halves shredded cooked
- 21.5 ounce cream of mushroom soup canned
- 1 teaspoon curry powder
- 0.5 cup cooking wine dry white
- 20 ounce pkt spinach frozen chopped
- 2 tablespoons juice of lemon fresh
- 1 cup mayonnaise

- 0.5 cup parmesan freshly grated
- 8 servings salt and pepper black freshly ground
- 2 cup sharp cheddar grated
- 1 cup cup heavy whipping cream sour

## Equipment

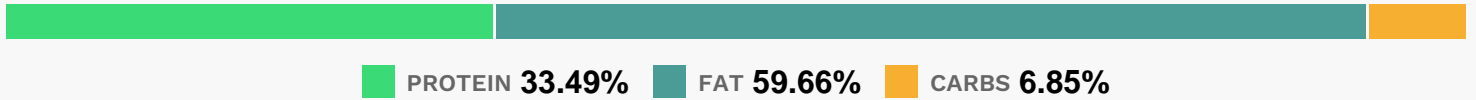
- bowl
- frying pan
- oven
- whisk
- plastic wrap
- casserole dish
- aluminum foil
- microwave
- spatula

## Directions

- Remove the outer wrappers from the box of spinach. Open 1 end of each box. Microwave on full power for 2 minutes, until thawed.
- Drain the spinach and put into a large bowl.
- Add the shredded chicken.
- In a medium bowl, combine the soup, mayonnaise, sour cream, Cheddar, lemon juice, curry powder, salt and pepper, to taste, and wine.
- Whisk together to make a sauce.
- Pour the sauce over the spinach and chicken.
- Mix well with a spatula.
- Place the mixture into an 11 by 7-inch casserole dish or 2 (9-inch) square disposable aluminum foil pans that have been sprayed with vegetable oil cooking spray. Pat down evenly and smooth with a spatula.
- Combine the Parmesan and bread crumbs and sprinkle over the top. Dot with the butter.

- Wrap the uncooked casserole securely with plastic wrap, then with aluminum foil.
- Place each pan into a plastic freezer bag and seal.
- Place into freezer.
- Allow casserole to thaw 24 hours in refrigerator. When ready to bake, remove the plastic wrap and foil.
- Bake uncovered at 350 degrees F for about 30 minutes until bubbly.

## Nutrition Facts



### Properties

Glycemic Index:25.75, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:41.529565106268%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 898.81kcal (44.94%), Fat: 58.25g (89.62%), Saturated Fat: 19.57g (122.29%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 12.41g (4.51%), Sugar: 2.41g (2.68%), Cholesterol: 242.65mg (80.88%), Sodium: 1307.17mg (56.83%), Alcohol: 1.54g (100%), Alcohol %: 0.4% (100%), Protein: 73.58g (147.17%), Vitamin K: 311.67µg (296.83%), Vitamin A: 9023.54IU (180.47%), Selenium: 72.96µg (104.22%), Vitamin B3: 19.46mg (97.28%), Phosphorus: 708.77mg (70.88%), Vitamin B6: 1.14mg (57.11%), Vitamin B2: 0.77mg (45.23%), Calcium: 443.1mg (44.31%), Manganese: 0.88mg (43.94%), Zinc: 6.16mg (41.07%), Folate: 137.56µg (34.39%), Magnesium: 125.15mg (31.29%), Iron: 5.25mg (29.15%), Vitamin B5: 2.76mg (27.6%), Potassium: 963.39mg (27.53%), Vitamin E: 3.46mg (23.05%), Copper: 0.43mg (21.37%), Vitamin B12: 1.28µg (21.29%), Vitamin B1: 0.31mg (20.63%), Fiber: 2.63g (10.52%), Vitamin C: 5.64mg (6.83%), Vitamin D: 0.26µg (1.71%)