



Chicken Florentine Casserole

READY IN



50 min.

SERVINGS



50

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 8 oz philadelphia cream cheese spread
- 1 cup farfalle pasta cooked (bow-tie pasta)
- 10 oz pkt spinach frozen thawed drained chopped
- 1 clove garlic minced
- 0.5 tsp penzey's southwest seasoning dried italian
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.8 cup milk divided
- 1 tsp oil

1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

frying pan

oven

Directions

Heat oven to 375F.

Mix cream cheese spread, 2 Tbsp. milk and seasoning until blended.

Heat oil in large nonstick skillet on medium heat.

Add chicken and garlic; cook and stir 6 to 7 min. or until chicken is done. Stir in cream cheese mixture and all remaining ingredients except bacon. Spoon into 1-1/2-qt. casserole sprayed with cooking spray; cover.

Bake 10 min. Top with bacon; bake, uncovered, 15 min. or until casserole is heated through.

Nutrition Facts

PROTEIN 32.4% **FAT 53.94%** **CARBS 13.66%**

Properties

Glycemic Index:2.43, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:3.4643477654975%

Nutrients (% of daily need)

Calories: 42.65kcal (2.13%), Fat: 2.53g (3.9%), Saturated Fat: 1.22g (7.66%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.39g (0.44%), Cholesterol: 11.65mg (3.88%), Sodium: 62.71mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin K: 21.33µg (20.32%), Vitamin A: 728.33IU (14.57%), Selenium: 4.54µg (6.49%), Vitamin B3: 1.06mg (5.31%), Vitamin B6: 0.09mg (4.41%), Phosphorus: 39.74mg (3.97%), Calcium: 35.86mg (3.59%), Manganese: 0.05mg (2.52%), Folate: 8.97µg (2.24%), Vitamin B2: 0.04mg (2.09%), Magnesium: 8.21mg (2.05%), Potassium: 65.41mg (1.87%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.21mg (1.43%), Zinc: 0.19mg (1.29%), Vitamin B1: 0.02mg (1.27%), Vitamin B12: 0.07µg (1.08%), Iron: 0.19mg (1.04%)