



HEALTH SCORE

71%

Chicken Florentine Casserole



Gluten Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



783 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.7 cup bacon bits



0.3 cup butter



10.8 ounce cream of mushroom soup canned



4 ounces mushrooms fresh sliced



3 teaspoons garlic minced



0.5 cup half-and-half



1 tablespoon penzey's southwest seasoning italian



1 tablespoon juice of lemon

- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups mozzarella cheese shredded
- ☐ 4 chicken breast halves boneless skinless
- ☐ 27 ounce pkt spinach drained canned

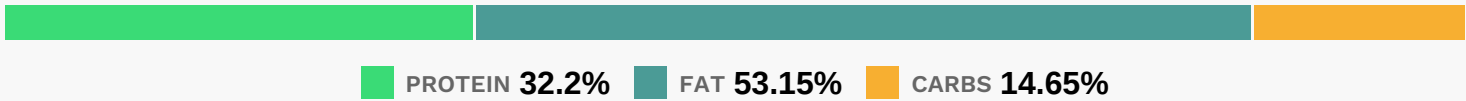
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place the chicken breast halves on a baking sheet; bake 20 to 30 minutes, until no longer pink and juices run clear.
- ☐ Remove from heat, and set aside.
- ☐ Increase the oven temperature to 400 degrees F (200 degrees C).
- ☐ Melt the butter in a medium saucepan over medium heat. Stirring constantly, mix in the garlic, lemon juice, cream of mushroom soup, Italian seasoning, half-and-half, and Parmesan cheese.
- ☐ Arrange the spinach over the bottom of a 9x9 inch baking dish. Cover the spinach with the mushrooms.
- ☐ Pour half the mixture from the saucepan over the mushrooms. Arrange chicken breasts in the dish, and cover with the remaining sauce mixture.
- ☐ Sprinkle with bacon bits, and top with mozzarella cheese.
- ☐ Bake 20 to 25 minutes in the 400 degrees F (200 degrees C) oven, until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:57.869565424712%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 12.21mg, Kaempferol: 12.21mg, Kaempferol: 12.21mg, Kaempferol: 12.21mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 782.71kcal (39.14%), Fat: 46.89g (72.13%), Saturated Fat: 22.04g (137.72%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 19.8g (7.2%), Sugar: 3.38g (3.75%), Cholesterol: 172.34mg (57.45%), Sodium: 2202.07mg (95.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.91g (127.83%), Vitamin K: 935.19µg (890.65%), Vitamin A: 18947.67IU (378.95%), Folate: 445.77µg (111.44%), Manganese: 2.1mg (105.18%), Selenium: 59.01µg (84.3%), Vitamin B3: 15.7mg (78.48%), Phosphorus: 778.33mg (77.83%), Vitamin C: 58.93mg (71.43%), Vitamin B6: 1.4mg (70%), Calcium: 692.15mg (69.22%), Magnesium: 248.94mg (62.24%), Vitamin B2: 0.94mg (55.1%), Potassium: 1866.74mg (53.34%), Vitamin E: 7.63mg (50.89%), Iron: 7.38mg (41.03%), Vitamin B12: 2.36µg (39.33%), Zinc: 5.76mg (38.41%), Copper: 0.76mg (38.17%), Fiber: 9.26g (37.03%), Vitamin B1: 0.53mg (35.6%), Vitamin B5: 2.56mg (25.56%), Vitamin D: 0.46µg (3.04%)