



## Chicken Florentine Pasta

READY IN



16 min.

SERVINGS



10

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 bag baby spinach
- ☐ 2 tablespoons butter
- ☐ 0.8 cup cooking wine dry white
- ☐ 4 cloves garlic minced
- ☐ 2 cups grape tomatoes halved lengthwise
- ☐ 10 servings ground pepper
- ☐ 0.8 cup broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 4 ounces parmesan shaved with a vegetable peeler, plus more for serving

- ☐ 1 pound penne pasta
- ☐ 10 servings salt
- ☐ 4 chicken breasts whole boneless skinless cut into bite-size chunks

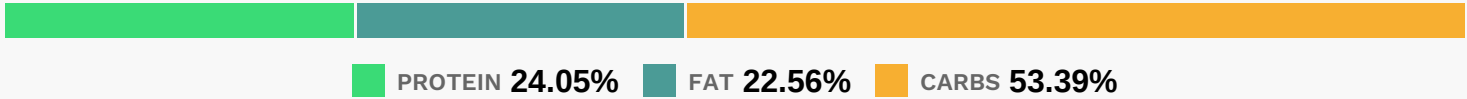
## Equipment

- ☐ frying pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the pasta according to package directions in lightly salted water.
- ☐ Drain and set aside.
- ☐ Sprinkle the chicken with salt and pepper.
- ☐ Heat the butter and olive oil over high heat in a large skillet.
- ☐ Add the chicken chunks in a single layer and do not stir for a minute or two in order to allow the chicken to brown on the first side. Flip the chicken and brown on the other side. Cook until done, and then remove the chicken from the skillet.
- ☐ Turn the heat to medium.
- ☐ Add the garlic and quickly stir to avoid burning. After about 30 seconds, pour in the broth and wine, stirring to deglaze the skillet. Allow the liquid to bubble up, and then continue cooking until it's reduced by at least half (most of the surface of the liquid should be bubbling at this point).
- ☐ Turn off the heat.
- ☐ Add the spinach, tomatoes, chicken, cooked pasta and Parmesan shavings to the skillet. Toss to combine; the spinach will wilt as you toss everything.
- ☐ Add more Parmesan shavings and serve immediately!
- ☐ Serve with extra Parmesan shavings.

## Nutrition Facts



## Properties

Glycemic Index:28.4, Glycemic Load:14.73, Inflammation Score:-10, Nutrition Score:21.938260915487%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 303.42kcal (15.17%), Fat: 7.27g (11.19%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 35.79g (13.02%), Sugar: 2.32g (2.58%), Cholesterol: 34.95mg (11.65%), Sodium: 302.69mg (13.16%), Alcohol: 1.85g (100%), Alcohol %: 1.16% (100%), Protein: 17.44g (34.88%), Vitamin K: 141.8µg (135.05%), Vitamin A: 3571.32IU (71.43%), Selenium: 43.68µg (62.4%), Manganese: 0.79mg (39.67%), Vitamin B3: 6.28mg (31.41%), Vitamin B6: 0.52mg (25.95%), Phosphorus: 219.62mg (21.96%), Folate: 73.14µg (18.29%), Vitamin C: 14.16mg (17.16%), Magnesium: 66.74mg (16.68%), Potassium: 556.41mg (15.9%), Fiber: 2.94g (11.75%), Copper: 0.22mg (11.16%), Iron: 1.85mg (10.27%), Vitamin B5: 0.92mg (9.23%), Vitamin E: 1.34mg (8.96%), Vitamin B2: 0.15mg (8.93%), Zinc: 1.21mg (8.08%), Vitamin B1: 0.12mg (8.02%), Calcium: 51.48mg (5.15%), Vitamin B12: 0.11µg (1.88%)