



## Chicken Florentine Skillet

READY IN



20 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz soup noodles uncooked
- 2 tablespoons flour all-purpose
- 1 teaspoon salt
- 0.3 teaspoon nutmeg
- 1 tablespoon butter
- 14 oz chicken breast uncooked cut into bite-size pieces (not breaded)
- 14.5 oz tomatoes diced drained canned
- 1 cup mushrooms fresh sliced
- 6 oz baby spinach fresh ()

- 4 oz mozzarella cheese shredded
- 1.3 cups frangelico

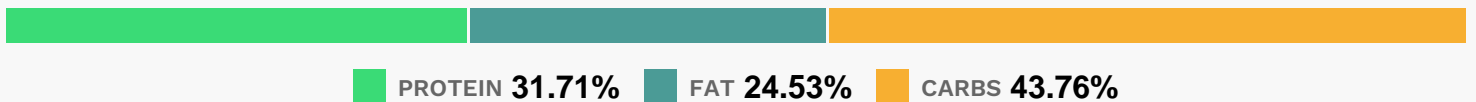
## Equipment

- bowl
- frying pan

## Directions

- Cook and drain pasta as directed on package.
- Meanwhile, in small bowl, stir 1/4 cup of the half-and-half, the flour, salt and nutmeg until smooth; set aside.
- In 12-inch nonstick skillet, melt butter over medium-high heat.
- Add chicken; cook 6 to 8 minutes, stirring occasionally, until browned. Stir in tomatoes, mushrooms and spinach. Cook about 5 minutes, stirring occasionally, until mushrooms are tender.
- Reduce heat to low. Stir in pasta and half-and-half mixture. Cook about 1 minute or until thickened. Stir in remaining 1 cup half-and-half.
- Sprinkle cheese over top. Cover; let stand 2 to 3 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:46.33, Glycemic Load:13.1, Inflammation Score:-9, Nutrition Score:25.457826204922%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 320.35kcal (16.02%), Fat: 8.7g (13.38%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 32.14g (11.69%), Sugar: 3.3g (3.67%), Cholesterol: 57.27mg (19.09%), Sodium: 728.32mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.57%), Vitamin K: 139.53µg (132.88%), Selenium: 50.96µg (72.8%), Vitamin A: 2969.65IU (59.39%), Vitamin B3: 8.98mg (44.91%), Vitamin B6: 0.71mg (35.28%), Manganese: 0.7mg (34.86%), Phosphorus: 321.34mg (32.13%), Folate: 78.63µg (19.66%), Potassium: 685.31mg (19.58%), Vitamin C: 15.47mg (18.76%), Vitamin B2: 0.31mg (18.3%), Magnesium: 73.17mg (18.29%), Calcium: 157.94mg (15.79%), Vitamin B5: 1.48mg (14.84%), Iron: 2.45mg (13.63%), Copper: 0.27mg (13.45%), Zinc: 1.82mg (12.12%), Vitamin B1: 0.17mg (11.2%), Fiber: 2.76g (11.05%), Vitamin B12: 0.57µg (9.53%), Vitamin E: 1.32mg (8.8%), Vitamin D: 0.17µg (1.16%)