



Chicken Florentine Skillet

READY IN



20 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 1 teaspoon salt
- 4 oz mozzarella cheese shredded

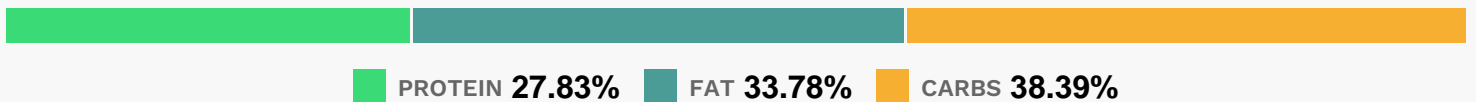
Equipment

- 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:26.938260705575%

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: 386.39kcal (19.32%), Fat: 14.49g (22.3%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 34.3g (12.47%), Sugar: 5.38g (5.98%), Cholesterol: 74.91mg (24.97%), Sodium: 759.07mg (33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.86g (53.73%), Vitamin K: 140.18µg (133.51%), Selenium: 52.57µg (75.1%), Vitamin A: 3148.12IU (62.96%), Vitamin B3: 9.04mg (45.18%), Phosphorus: 369.24mg (36.92%), Vitamin B6: 0.73mg (36.54%), Manganese: 0.7mg (34.89%), Vitamin B2: 0.41mg (24.06%), Potassium: 751.86mg (21.48%), Calcium: 211.89mg (21.19%), Folate: 80.15µg (20.04%), Magnesium: 78.21mg (19.55%), Vitamin C: 15.93mg (19.31%), Vitamin B5: 1.63mg (16.3%), Iron: 2.48mg (13.77%), Copper: 0.27mg (13.67%), Zinc: 2.01mg (13.43%), Vitamin B1: 0.18mg (12.21%), Vitamin B12: 0.67µg (11.13%), Fiber: 2.76g (11.05%), Vitamin E: 1.45mg (9.64%), Vitamin D: 0.17µg (1.16%)