



Chicken Florentine Unstuffed Pasta Shells

READY IN



75 min.

SERVINGS



15

CALORIES



292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup torn basil fresh
- 16 oz philadelphia cream cheese spread
- 20 oz pkt spinach frozen thawed drained chopped well
- 1 tsp garlic powder
- 1 cup italian* five cheese blend shredded kraft
- 1.5 tsp penzey's southwest seasoning dried italian
- 0.8 cup milk
- 0.3 cup parmesan cheese grated kraft
- 4 cups shells uncooked

- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 24 oz classico tomato and basil pasta sauce

Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 400F.
- Cook pasta as directed on package, omitting salt. Meanwhile, cook chicken in large nonstick skillet on medium-high heat 5 to 6 min. or until no longer pink, stirring frequently. Stir in pasta sauce. Spoon into 13x9-inch baking dish sprayed with cooking spray.
- Drain pasta; spoon over sauce.
- Mix cream cheese spread, milk, Italian seasoning and garlic powder in medium bowl until blended.
- Add spinach; mix well. Spoon over pasta. Top with cheeses; cover.
- Bake 45 min., uncovering for the last 10 min.
- Let stand 5 min. before topping with basil and serving.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:8.23, Inflammation Score:-10, Nutrition Score:19.714782585268%

Nutrients (% of daily need)

Calories: 291.58kcal (14.58%), Fat: 11.78g (18.12%), Saturated Fat: 5.44g (33.97%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 25.92g (9.42%), Sugar: 5.76g (6.4%), Cholesterol: 42.51mg (14.17%), Sodium: 423.69mg (18.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.69g (33.39%), Vitamin K: 143.55µg (136.71%), Vitamin A: 5059.2IU (101.18%), Selenium: 29.67µg (42.39%), Manganese: 0.53mg (26.63%), Vitamin B3: 3.83mg (19.13%), Vitamin B6: 0.34mg (17.2%), Phosphorus: 156.66mg (15.67%), Calcium: 155.09mg (15.51%), Folate: 61.71µg

(15.43%), Fiber: 3.5g (14.01%), Potassium: 474.57mg (13.56%), Magnesium: 53.29mg (13.32%), Vitamin B2: 0.16mg (9.12%), Iron: 1.53mg (8.52%), Vitamin E: 1.24mg (8.23%), Copper: 0.14mg (7.21%), Vitamin B5: 0.64mg (6.36%), Zinc: 0.9mg (6%), Vitamin B1: 0.09mg (5.83%), Vitamin C: 4.7mg (5.69%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.17µg (1.15%)