



WHATSheATE



## Chicken Fusilli with Spinach & Asiago Cheese

READY IN



30 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 ounces asiago cheese shredded
- ☐ 7 ounces baby spinach fresh
- ☐ 10.8 ounces cream of chicken soup fat free 98% canned (Regular or )
- ☐ 2.5 cups rotini pasta uncooked
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound chicken breast halves boneless skinless cut into 1 1/2-inch pieces
- ☐ 3 ounces sun-dried olives ( )

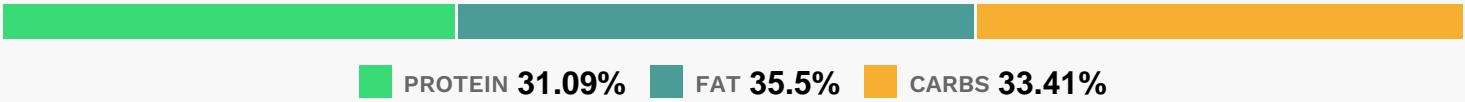
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

## Directions

- ☐ Prepare the pasta according to the package directions in a 6-quart saucepot.
- ☐ Add the spinach during the last minute of the cooking time.
- ☐ Drain the pasta mixture well in a colander, reserving 1 cup cooking liquid.
- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the chicken and cook until well browned, stirring occasionally.
- ☐ Add the garlic to the skillet and cook and stir for 1 minute. Stir in the tomatoes, soup, 1/2 cup cooking liquid and red pepper and heat to a boil. Reduce the heat to low. Cook until the chicken is cooked through, stirring occasionally. Stir in the pasta mixture and cook until the mixture is hot and bubbling. Stir in the remaining cooking liquid as needed until desired consistency.
- ☐ Sprinkle with the cheese.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:11.37, Inflammation Score:-10, Nutrition Score:29.140434591667%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

## Nutrients (% of daily need)

Calories: 386.87kcal (19.34%), Fat: 15.4g (23.69%), Saturated Fat: 5.19g (32.45%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 29.24g (10.63%), Sugar: 6.59g (7.32%), Cholesterol: 65.3mg (21.77%), Sodium: 792.91mg

(34.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.34g (60.68%), Vitamin K: 171.44µg (163.27%), Vitamin A: 3537.56IU (70.75%), Selenium: 46.57µg (66.52%), Vitamin B3: 10.11mg (50.56%), Manganese: 0.87mg (43.26%), Phosphorus: 422.38mg (42.24%), Vitamin B6: 0.75mg (37.63%), Potassium: 1057.8mg (30.22%), Calcium: 291.56mg (29.16%), Magnesium: 97.5mg (24.38%), Folate: 83.76µg (20.94%), Copper: 0.41mg (20.71%), Iron: 3.56mg (19.8%), Vitamin C: 16.28mg (19.73%), Vitamin B2: 0.31mg (18.34%), Vitamin B5: 1.7mg (16.96%), Fiber: 3.36g (13.44%), Zinc: 1.94mg (12.93%), Vitamin E: 1.9mg (12.64%), Vitamin B1: 0.19mg (12.59%), Vitamin B12: 0.38µg (6.3%), Vitamin D: 0.17µg (1.13%)