



Chicken & Ham Florentine

 Gluten Free

READY IN



26 min.

SERVINGS



4

CALORIES



405 kcal

Ingredients

- 4 cups baby spinach leaves
- 8 slices oscar mayer deli ham smoked fresh
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian divided kraft
- 1 lb chicken breasts boneless skinless
- 1 cup swiss cheese shredded kraft

Equipment

- frying pan

Directions

- Heat 1 Tbsp. dressing in large ovenproof skillet on medium heat.
- Add spinach; cook and stir 1 min. or just until spinach is wilted.
- Remove from skillet; cover to keep warm.
- Add remaining dressing and chicken to skillet; turn chicken over to coat both sides with dressing. Cook 5 to 6 min. on each side or until chicken is done (165F).
- Top chicken with ham and cheese; cover. Cook on low heat 1 to 2 min. until cheese is melted.
- Serve over spinach mixture.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.24, Inflammation Score:-9, Nutrition Score:29.905652284622%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 404.82kcal (20.24%), Fat: 23.14g (35.6%), Saturated Fat: 9.25g (57.81%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.32g (1.46%), Cholesterol: 132.4mg (44.13%), Sodium: 979.39mg (42.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.35g (88.69%), Vitamin K: 151.68µg (144.46%), Selenium: 57.65µg (82.35%), Vitamin B3: 14.57mg (72.87%), Vitamin A: 3075.19IU (61.5%), Vitamin B6: 1.15mg (57.33%), Phosphorus: 529.31mg (52.93%), Vitamin B1: 0.44mg (29.18%), Calcium: 281.02mg (28.1%), Vitamin B12: 1.4µg (23.34%), Potassium: 775.56mg (22.16%), Vitamin B2: 0.38mg (22.1%), Zinc: 3.3mg (22.02%), Vitamin B5: 2.01mg (20.07%), Magnesium: 73.28mg (18.32%), Folate: 66.85µg (16.71%), Manganese: 0.3mg (14.94%), Vitamin C: 9.83mg (11.92%), Iron: 1.78mg (9.91%), Vitamin E: 1.43mg (9.53%), Copper: 0.13mg (6.54%), Vitamin D: 0.51µg (3.37%), Fiber: 0.66g (2.64%)