






 **51%**
HEALTH SCORE

Chicken 'n' Spinach Pasta Bake

READY IN

75 min.

SERVINGS

6

CALORIES

502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 oz canned tomatoes diced italian-style canned
- 8 oz chive-and-onion cream cheese
- 3 cups chicken breasts cubed cooked
- 10 oz pkt spinach frozen thawed chopped
- 1 tablespoon olive oil
- 1 cup onion finely chopped (1 medium)
- 0.5 teaspoon pepper
- 8 ounces rigatoni uncooked
- 0.5 teaspoon salt

6 oz mozzarella cheese shredded

Equipment

- bowl
- paper towels
- oven
- baking pan

Directions

- Prepare rigatoni according to package directions.
- Meanwhile, spread oil on bottom of an 11- x 7-inch baking dish; add onion in a single layer.
- Bake at 375 for 15 minutes or just until tender.
- Transfer onion to a large bowl, and set aside.
- Drain chopped spinach well, pressing between layers of paper towels.
- Stir rigatoni, spinach, chicken, and next 4 ingredients into onion in bowl. Spoon mixture into baking dish, and sprinkle evenly with shredded mozzarella cheese.
- Bake, covered, at 375 for 30 minutes; uncover and bake 15 more minutes or until bubbly.
- Sausage 'n' Spinach Pasta
- Bake: Substitute 3 cups cooked, crumbled hot Italian sausage for 3 cups cubed cooked chicken breasts. Reduce salt to 1/4 tsp., and omit 1/2 tsp. pepper. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:13.49, Inflammation Score:-10, Nutrition Score:30.783913021502%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg,

Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 501.86kcal (25.09%), Fat: 20.42g (31.42%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 36.39g (13.23%), Sugar: 6.93g (7.7%), Cholesterol: 105.33mg (35.11%), Sodium: 727.54mg (31.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.84%), Vitamin K: 182.08µg (173.41%), Vitamin A: 6254.62IU (125.09%), Selenium: 51.42µg (73.45%), Vitamin B3: 11.38mg (56.9%), Manganese: 0.88mg (44.06%), Phosphorus: 384.47mg (38.45%), Vitamin B6: 0.7mg (35.03%), Calcium: 298.22mg (29.82%), Magnesium: 98.1mg (24.52%), Folate: 94.1µg (23.53%), Potassium: 690.47mg (19.73%), Vitamin B2: 0.33mg (19.51%), Vitamin E: 2.85mg (19.03%), Iron: 3.21mg (17.86%), Copper: 0.35mg (17.64%), Fiber: 4.38g (17.51%), Zinc: 2.56mg (17.05%), Vitamin B12: 0.88µg (14.74%), Vitamin B1: 0.2mg (13.32%), Vitamin C: 10.88mg (13.18%), Vitamin B5: 1.15mg (11.48%), Vitamin D: 0.18µg (1.22%)