



Chicken-Penne Florentine Bake

READY IN



43 min.

SERVINGS



43

CALORIES



41 kcal

Ingredients

- 1 cup chicken broth fat-free reduced-sodium
- 2 Tbsp flour
- 10 oz pkt spinach frozen thawed drained chopped well
- 2 cups multi-grain penne pasta uncooked
- 2 oz philadelphia neufchatel cheese cubed ()
- 2 Tbsp parmesan cheese grated kraft
- 1 cup mozzarella cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 2 Tbsp sun tomato vinaigrette dressing dried kraft

Equipment

- frying pan
- oven

Directions

- Heat oven to 375F.
- Cook pasta as directed on package, omitting salt.
- Meanwhile, toss chicken with flour.
- Heat dressing in large skillet on medium heat.
- Add chicken; cook and stir 3 min. or until evenly browned.
- Add broth and Neufchatel; cook 3 min. or until Neufchatel is melted, stirring frequently. Stir in spinach.
- Drain pasta.
- Add to chicken mixture; mix lightly. Spoon half into 2-qt. casserole sprayed with cooking spray; top with 1/2 cup mozzarella. Repeat layers; sprinkle with Parmesan.
- Bake 16 to 18 min. or until mozzarella is melted and casserole is heated through.

Nutrition Facts

 **PROTEIN 36.1%**  **FAT 36.75%**  **CARBS 27.15%**

Properties

Glycemic Index:3, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:4.3591303890166%

Nutrients (% of daily need)

Calories: 40.6kcal (2.03%), Fat: 1.68g (2.59%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.6g (0.94%), Sugar: 0.14g (0.15%), Cholesterol: 9.99mg (3.33%), Sodium: 63.75mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin K: 25.37µg (24.16%), Vitamin A: 806.96IU (16.14%), Selenium: 6.62µg (9.45%), Manganese: 0.14mg (6.87%), Vitamin B3: 1.33mg (6.66%), Vitamin B6: 0.1mg (4.96%), Phosphorus: 46.05mg (4.61%), Folate: 12.64µg (3.16%), Magnesium: 12.54mg (3.14%), Calcium: 27.16mg (2.72%), Vitamin B2: 0.04mg (2.49%), Potassium: 74.27mg (2.12%), Vitamin B1: 0.03mg (2.05%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.26mg (1.76%), Vitamin E: 0.26mg (1.71%), Iron: 0.3mg (1.68%), Vitamin B12: 0.1µg (1.64%), Copper:

0.03mg (1.36%)