



Chicken Penne Florentine Bake

READY IN



43 min.

SERVINGS



6

CALORIES



291 kcal

Ingredients

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

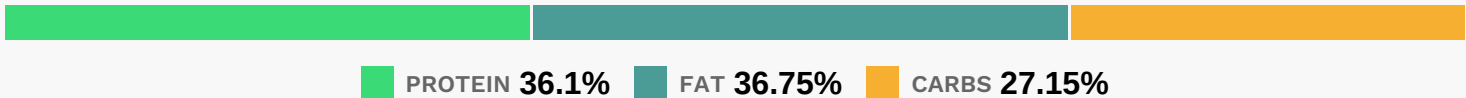
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ 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 just 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; 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



Properties

Glycemic Index:21.5, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:27.382173807725%

Nutrients (% of daily need)

Calories: 290.97kcal (14.55%), Fat: 12.06g (18.55%), Saturated Fat: 4.91g (30.69%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.61g (6.77%), Sugar: 1g (1.11%), Cholesterol: 71.57mg (23.86%), Sodium: 456.87mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.3%), Vitamin K: 181.81µg (173.16%), Vitamin A: 5783.2IU (115.66%), Selenium: 47.43µg (67.76%), Manganese: 0.98mg (49.21%), Vitamin B3: 9.55mg (47.75%), Vitamin B6: 0.71mg (35.53%), Phosphorus: 330.06mg (33.01%), Folate: 90.62µg (22.65%), Magnesium: 89.88mg (22.47%), Calcium: 194.68mg (19.47%), Vitamin B2: 0.3mg (17.86%), Potassium: 532.27mg (15.21%), Vitamin B1: 0.22mg (14.72%), Vitamin B5: 1.46mg (14.61%), Zinc: 1.9mg (12.65%), Vitamin E: 1.84mg (12.29%), Iron: 2.17mg

(12.05%), Vitamin B12: 0.7µg (11.72%), Copper: 0.2mg (9.77%), Fiber: 1.44g (5.75%), Vitamin C: 3.51mg (4.25%),
Vitamin D: 0.16µg (1.06%)