



Chicken-Penne Pasta Bake

READY IN



40 min.

SERVINGS



40

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups baby spinach leaves loosely packed
- 0.3 tsp garlic powder
- 0.8 cup italian* five cheese blend shredded kraft finely
- 2 tsp penzey's southwest seasoning dried italian
- 1 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 12 oz penne pasta uncooked
- 1 pkt. shake n bake seasoned panko seasoned coating mix
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

24 oz classico tomato and basil pasta sauce

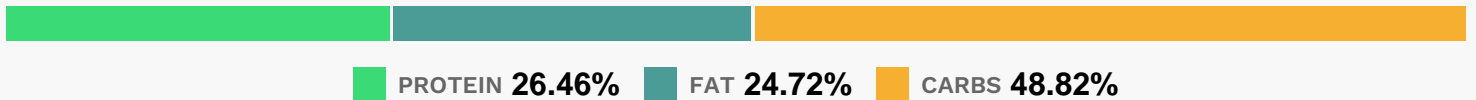
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400F.
- Cook pasta as directed on package, omitting salt. Meanwhile, heat oil in large ovenproof skillet on medium-high heat.
- Add chicken; cook and stir 5 to 6 min. or until evenly browned. Stir in pasta sauce.
- Drain pasta, reserving 1/2 cup cooking water.
- Add pasta and reserved water to chicken mixture in skillet along with the spinach; mix lightly.
- Combine coating mix, Parmesan and seasonings in medium bowl; stir in shredded cheese.
- Sprinkle over pasta mixture.
- Bake 15 to 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.1, Glycemic Load:2.56, Inflammation Score:-2, Nutrition Score:3.146956510194%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 69.84kcal (3.49%), Fat: 1.89g (2.91%), Saturated Fat: 0.38g (2.41%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 7.51g (2.73%), Sugar: 1.46g (1.63%), Cholesterol: 8.22mg (2.74%), Sodium: 103.46mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Selenium: 9.25µg (13.21%), Vitamin K: 8.06µg (7.67%),

Vitamin B3: 1.34mg (6.72%), Vitamin B6: 0.1mg (5.09%), Vitamin A: 253.05IU (5.06%), Manganese: 0.1mg (4.92%), Phosphorus: 44.8mg (4.48%), Potassium: 126.24mg (3.61%), Fiber: 0.89g (3.56%), Magnesium: 9.12mg (2.28%), Calcium: 20.47mg (2.05%), Vitamin B5: 0.2mg (2.02%), Iron: 0.33mg (1.84%), Vitamin C: 1.38mg (1.67%), Copper: 0.03mg (1.53%), Zinc: 0.22mg (1.49%), Folate: 5.15µg (1.29%), Vitamin B2: 0.02mg (1.29%), Vitamin B1: 0.02mg (1.1%)