



Chicken, Spinach and Mushroom Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz spaghetti cooked
- ☐ 2 tablespoons butter
- ☐ 5 oz mushrooms sliced
- ☐ 1 small onion finely chopped
- ☐ 1.5 cups pkt spinach loosely packed
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons flour
- ☐ 0.8 cup rotisserie chicken cut cubed cooked (rotisserie chicken works great)
- ☐ 2 tablespoons parmesan shredded

- ☐ 1 serving salt
- ☐ 1 serving bell pepper
- ☐ 0.3 cup water
- ☐ 1 cup frangelico

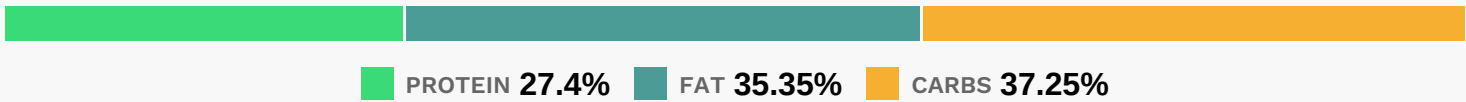
Equipment

- ☐ frying pan

Directions

- ☐ In large skillet, heat butter over medium heat. Cook mushrooms, onions and spinach in butter until vegetables are softened and spinach is wilted, about 4 to 5 minutes.
- ☐ Stir in garlic.
- ☐ Add the flour and stir for 1 minute until the pasty taste cooks off.
- ☐ Add the half-and-half and stir slowly as sauce thickens.
- ☐ Add the chicken to skillet; cook until hot, stirring occasionally. Stir in Parmesan cheese. Season with salt and pepper to taste.
- ☐ Add cooked spaghetti and reserved pasta water. Stir to combine.

Nutrition Facts



Properties

Glycemic Index:88.38, Glycemic Load:11.2, Inflammation Score:-8, Nutrition Score:13.39260871514%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 270.43kcal (13.52%), Fat: 10.76g (16.55%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 23.06g (8.38%), Sugar: 2.65g (2.95%), Cholesterol: 59.34mg (19.78%), Sodium: 301.55mg

(13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.53%), Vitamin K: 55.9µg (53.24%), Vitamin A: 1833.07IU (36.66%), Vitamin C: 29.74mg (36.05%), Selenium: 20.71µg (29.58%), Manganese: 0.41mg (20.37%), Vitamin B2: 0.23mg (13.37%), Folate: 51.03µg (12.76%), Phosphorus: 105.31mg (10.53%), Copper: 0.21mg (10.51%), Vitamin B3: 2.04mg (10.19%), Fiber: 2.46g (9.84%), Vitamin B6: 0.19mg (9.69%), Iron: 1.56mg (8.66%), Potassium: 282.29mg (8.07%), Vitamin B5: 0.73mg (7.31%), Magnesium: 29.09mg (7.27%), Vitamin B1: 0.1mg (6.81%), Calcium: 58.03mg (5.8%), Zinc: 0.74mg (4.93%), Vitamin E: 0.74mg (4.9%)