



HEALTH SCORE

100%

Chicken Tetrazzini Florentine

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3064 kcal

Ingredients

- 6 oz baby spinach leaves
- 3 Tbsp butter
- 8 oz philadelphia cream cheese spread
- 1.5 cups chicken broth fat-free reduced-sodium
- 3 Tbsp flour
- 0.5 lb mushrooms fresh sliced
- 0.5 tsp garlic powder
- 1 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk

- 1 onion chopped
- 6 Tbsp parmesan cheese divided grated kraft
- 2 cups meat from a rotisserie chicken shredded cooked
- 1.5 cups mozzarella cheese shredded with a touch of philadelphia kraft
- 0.5 lb pasta like spaghetti uncooked

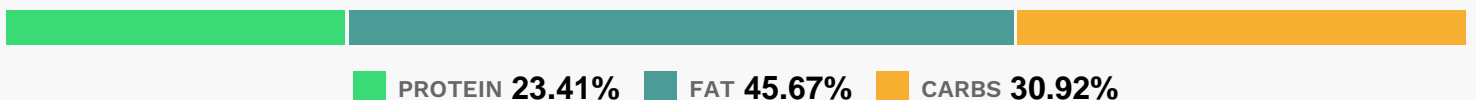
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook spaghetti in large saucepan as directed on package, omitting salt and adding spinach to the boiling water for the last minute.
- Meanwhile, melt butter in large skillet on medium heat.
- Add onions; cook and stir 5 min. Stir in mushrooms; cook and stir 4 min. or until mushroom liquid is cooked off.
- Add flour; cook and stir 1 min. Stir in broth; cook 4 min. or until thickened, stirring constantly.
- Mix cream cheese spread, milk and seasonings until blended.
- Drain spaghetti mixture; return to pan.
- Add cream cheese mixture, mushroom mixture, chicken and 3 Tbsp. Parmesan; mix well. Spoon into 13x9-inch baking dish sprayed with cooking spray; cover.
- Bake 25 min. Top with mozzarella and remaining Parmesan; bake, uncovered, 8 to 10 min. or until spaghetti mixture is hot and bubbly and mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:333, Glycemic Load:86.8, Inflammation Score:-10, Nutrition Score:83.504347884137%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 11.57mg, Kaempferol: 11.57mg, Kaempferol: 11.57mg, Kaempferol: 11.57mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 29.08mg, Quercetin: 29.08mg, Quercetin: 29.08mg, Quercetin: 29.08mg

Nutrients (% of daily need)

Calories: 3063.65kcal (153.18%), Fat: 155.02g (238.5%), Saturated Fat: 86.82g (542.64%), Carbohydrates: 236.09g (78.7%), Net Carbohydrates: 219.44g (79.8%), Sugar: 26.86g (29.84%), Cholesterol: 604.62mg (201.54%), Sodium: 4684.21mg (203.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 178.8g (357.6%), Vitamin K: 840.95µg (800.9%), Selenium: 291.18µg (415.98%), Vitamin A: 20760.54IU (415.21%), Phosphorus: 2172.82mg (217.28%), Manganese: 4.27mg (213.73%), Vitamin B3: 39.04mg (195.2%), Calcium: 1761.57mg (176.16%), Vitamin B2: 2.64mg (155.28%), Folate: 508.68µg (127.17%), Vitamin B6: 2.38mg (118.88%), Zinc: 16.41mg (109.39%), Magnesium: 407.75mg (101.94%), Vitamin B12: 6.05µg (100.89%), Copper: 1.95mg (97.39%), Potassium: 3383.41mg (96.67%), Iron: 15.46mg (85.91%), Vitamin B5: 8.37mg (83.68%), Vitamin C: 60.76mg (73.65%), Vitamin B1: 1.03mg (68.83%), Fiber: 16.65g (66.6%), Vitamin E: 5.58mg (37.17%), Vitamin D: 1.61µg (10.7%)