



Creamy Chicken Florentine

READY IN



20 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz baby spinach leaves
- 8 oz philadelphia cream cheese spread
- 2 cups penne pasta hot cooked
- 1 tsp garlic powder
- 2 Tbsp milk
- 0.5 cup pepper strips red halved
- 2 Tbsp pinenuts toasted
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

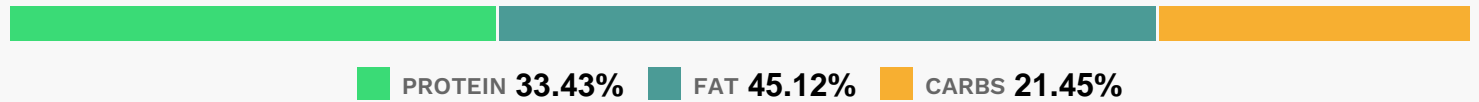
Equipment

frying pan

Directions

- Mix cream cheese spread, milk and garlic powder until blended.
- Cook and stir chicken and peppers in large nonstick skillet on medium heat 6 to 8 min. or until chicken is done.
- Add cream cheese mixture; cook and stir 3 min. or until heated through.
- Remove from heat.
- Stir in spinach and pasta; top with nuts.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:17.402173721272%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 196.19kcal (9.81%), Fat: 9.75g (15%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 9.26g (3.37%), Sugar: 1.76g (1.95%), Cholesterol: 54.31mg (18.1%), Sodium: 216.4mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.51%), Vitamin K: 104.63µg (99.64%), Vitamin A: 2578.46IU (51.57%), Selenium: 24.16µg (34.51%), Vitamin B3: 6.36mg (31.8%), Vitamin B6: 0.51mg (25.73%), Manganese: 0.5mg (25.1%), Vitamin C: 18.6mg (22.55%), Phosphorus: 164mg (16.4%), Folate: 50.32µg (12.58%), Potassium: 382.6mg (10.93%), Magnesium: 43.5mg (10.88%), Vitamin B5: 0.9mg (9%), Vitamin B2: 0.12mg (7.09%), Iron: 1.26mg (6.99%), Calcium: 65.36mg (6.54%), Vitamin E: 0.94mg (6.25%), Zinc: 0.76mg (5.08%), Copper: 0.1mg (5.04%), Vitamin B1: 0.08mg (5%), Fiber: 1.17g (4.69%), Vitamin B12: 0.13µg (2.23%)