



Easy and Healthy Chicken Florentine

READY IN



55 min.

SERVINGS



8

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound baby spinach to taste
- 8 chicken breast tenders
- 16 ounce fettuccine barilla
- 4 cloves garlic minced
- 20 ounce tomatoes
- 8 ounces parmesan cheese grated
- 1 large onion sweet chopped

Equipment

- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Heat olive oil in a large skillet over medium heat; cook and stir onion in the hot oil until just fragrant, 3 to 5 minutes.
- Add garlic and cook for about 45 seconds.
- Mix chicken tenders into onion mixture; cook until chicken is browned, 3 to 4 minutes per side.
- Transfer chicken mixture to a 9x13-inch baking dish.
- Cover chicken mixture with spinach; pour marinara sauce over spinach layer. Cover the baking dish with aluminum foil.
- Bake in the preheated oven until chicken is no longer pink in the center and spinach is wilted, about 30 minutes.
- Fill a large pot with lightly salted water and bring to a rolling boil. Stir in the fettuccine, bring back to a boil, and cook pasta over medium heat until cooked through but still firm to the bite, about 8 minutes.
- Drain and transfer fettuccine to serving plates.
- Top each plate with chicken-marinara mixture; garnish each serving with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:18.44, Inflammation Score:-10, Nutrition Score:41.761739057043%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg,
Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg
Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.6mg, Myricetin:
0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin:
7.16mg

Nutrients (% of daily need)

Calories: 633.72kcal (31.69%), Fat: 16.67g (25.65%), Saturated Fat: 6.39g (39.96%), Carbohydrates: 52.34g
(17.45%), Net Carbohydrates: 48.38g (17.59%), Sugar: 5.82g (6.47%), Cholesterol: 216.93mg (72.31%), Sodium:
1132.09mg (49.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.49g (132.98%), Selenium: 128.05µg
(182.93%), Vitamin K: 140.28µg (133.6%), Vitamin B3: 25.76mg (128.79%), Vitamin B6: 2.04mg (101.76%),
Phosphorus: 837.47mg (83.75%), Vitamin A: 3313.94IU (66.28%), Manganese: 0.93mg (46.47%), Potassium:
1450.65mg (41.45%), Vitamin B5: 4.12mg (41.17%), Magnesium: 138.69mg (34.67%), Calcium: 330.73mg (33.07%),
Vitamin B2: 0.48mg (28.49%), Zinc: 4mg (26.7%), Folate: 98.12µg (24.53%), Vitamin C: 18.09mg (21.93%), Vitamin
B1: 0.31mg (20.52%), Iron: 3.62mg (20.13%), Copper: 0.39mg (19.34%), Vitamin B12: 1µg (16.65%), Vitamin E: 2.39mg
(15.93%), Fiber: 3.96g (15.85%), Vitamin D: 0.54µg (3.59%)