



## Florentine Curried Chicken

 **Gluten Free**

READY IN



**105 min.**

SERVINGS



**8**

CALORIES



**479 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 21.5 ounce cream of chicken soup canned
- 1 tablespoon curry powder
- 30 ounce pkt spinach frozen thawed drained chopped
- 1 tablespoon juice of lemon
- 16 ounce monterrey jack cheese shredded
- 1 teaspoon paprika
- 0.5 cup creamy salad dressing
- 8 chicken breast halves boneless skinless

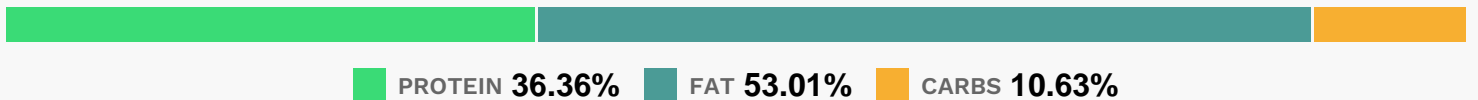
## Equipment

- bowl
- oven
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, thoroughly blend soup, creamy salad dressing, lemon juice, and curry powder.
- On the bottom of a 9x13 inch dish, spread squeezed spinach evenly.
- Place chicken on top of spinach.
- Pour soup mixture over top of chicken so that all is covered, then sprinkle with paprika.
- Spread cheese over top.
- Bake for approximately 1 1/2 hours in the preheated oven, until cheese is lightly brown. (You can cover the dish with a piece of foil and leave it in the oven on warm until ready to serve, or it can be made the day before and reheated!)

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:36.934347546619%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 478.51kcal (23.93%), Fat: 28.35g (43.61%), Saturated Fat: 13.26g (82.89%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 9.37g (3.41%), Sugar: 3.07g (3.41%), Cholesterol: 128.88mg (42.96%), Sodium: 1231.22mg (53.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.75g (87.5%), Vitamin K: 409.42µg (389.92%),

Vitamin A: 13210.5IU (264.21%), Selenium: 52.65µg (75.21%), Vitamin B3: 12.75mg (63.74%), Calcium: 582.61mg (58.26%), Phosphorus: 570.51mg (57.05%), Vitamin B6: 1.1mg (54.91%), Manganese: 0.86mg (43.22%), Folate: 172.05µg (43.01%), Vitamin B2: 0.61mg (36.05%), Magnesium: 130.67mg (32.67%), Vitamin E: 4.42mg (29.46%), Potassium: 900.74mg (25.74%), Iron: 3.96mg (21.99%), Zinc: 3.23mg (21.5%), Vitamin B5: 1.98mg (19.84%), Copper: 0.31mg (15.51%), Fiber: 3.42g (13.7%), Vitamin B1: 0.2mg (13.12%), Vitamin B12: 0.7µg (11.61%), Vitamin C: 8.15mg (9.88%), Vitamin D: 0.45µg (3.02%)