



HEALTH SCORE

62%

Linguine and Chicken Florentine



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 8 ounces pasta uncooked
- ☐ 1 cup low-salt chicken broth
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound skinned cut into bite-size pieces
- ☐ 8 cups torn spinach
- ☐ 4 ounces swiss cheese shredded reduced-fat reduced-sodium (such as Alpine Lace)

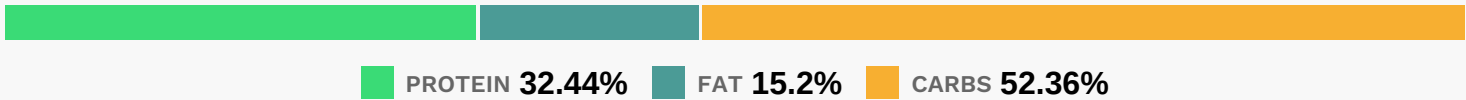
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; set aside.
- ☐ Combine flour, salt, and pepper in a bowl; add chicken, tossing to coat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken mixture, onion, and garlic; saut 4 minutes.
- ☐ Add broth and nutmeg; bring to a simmer. Cook over medium-low heat 3 minutes or until chicken is done.
- ☐ Combine pasta, spinach, cheese, and basil in a large bowl; toss well.
- ☐ Add the chicken mixture, tossing gently.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:18.85, Inflammation Score:-10, Nutrition Score:32.036956675675%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.45mg,

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Nutrients (% of daily need)

Calories: 383.59kcal (19.18%), Fat: 6.44g (9.9%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 46.28g (16.83%), Sugar: 3.1g (3.45%), Cholesterol: 46.21mg (15.4%), Sodium: 337.13mg (14.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.81%), Vitamin K: 297.84µg (283.66%), Vitamin A: 5766.64IU (115.33%), Selenium: 59.03µg (84.33%), Manganese: 1.15mg (57.66%), Phosphorus: 454.99mg (45.5%), Vitamin B3: 8.3mg (41.5%), Calcium: 358.61mg (35.86%), Folate: 138.92µg (34.73%), Vitamin B6: 0.69mg (34.38%), Magnesium: 106.88mg (26.72%), Vitamin C: 19.53mg (23.67%), Potassium: 793.8mg (22.68%), Vitamin B2: 0.34mg (20.04%), Zinc: 2.68mg (17.88%), Iron: 2.96mg (16.45%), Copper: 0.32mg (15.79%), Fiber: 3.61g (14.44%), Vitamin E: 1.72mg (11.43%), Vitamin B5: 1.13mg (11.34%), Vitamin B1: 0.17mg (11.07%), Vitamin B12: 0.65µg (10.81%)