



Marzetti® Ultimate Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces clean baby spinach leaves
- 0.8 cup ultimate cheese dressing blue marzetti®
- 1 cup celery sliced
- 1 large apples i use 2 granny smith apples cored sliced
- 3 tablespoons olive oil divided
- 0.5 teaspoon paprika
- 0.3 cup pinenuts toasted
- 4 servings salt and pepper black

- 0.3 cup shallots red sliced
- 24 ounce chicken breasts boneless skinless

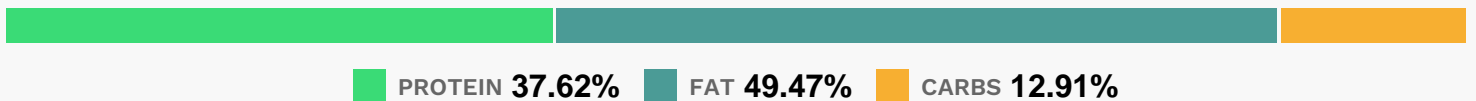
Equipment

- frying pan
- sauce pan

Directions

- Season chicken with salt, pepper and paprika.
- Heat 2 tbsp oil in a skillet over medium high heat and sear both sides of chicken. Continue to cook medium heat until chicken is thoroughly cooked.
- Transfer to a plate and keep warm. In same skillet, heat remaining oil and saute apples, celery and shallots until tender.
- Gently heat Marzetti Ultimate Blue Cheese Dressings in a saucepan; do not bring to a boil. Arrange spinach on plates, top with hot vegetables, apples and chicken. Spoon warm Marzetti Ultimate Blue Cheese Dressing over all and sprinkle with pine nuts.
- Serve.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:2.69, Inflammation Score:-10, Nutrition Score:37.243912878244%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg

Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 440.6kcal (22.03%), Fat: 24.39g (37.52%), Saturated Fat: 4.09g (25.53%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 10.7g (3.89%), Sugar: 8.56g (9.52%), Cholesterol: 109.32mg (36.44%), Sodium: 889.09mg (38.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.73g (83.47%), Vitamin K: 296.42µg (282.31%), Vitamin A: 5638.4IU (112.77%), Vitamin B3: 18.72mg (93.59%), Selenium: 55.98µg (79.97%), Vitamin B6: 1.46mg (73.23%), Manganese: 1.34mg (67.2%), Phosphorus: 488.47mg (48.85%), Folate: 134.47µg (33.62%), Potassium: 1149.02mg (32.83%), Magnesium: 120.76mg (30.19%), Vitamin E: 4.13mg (27.55%), Vitamin C: 22.52mg (27.29%), Vitamin B5: 2.61mg (26.06%), Vitamin B2: 0.38mg (22.23%), Iron: 3.12mg (17.34%), Fiber: 3.62g (14.46%), Vitamin B1: 0.21mg (14.32%), Zinc: 2.04mg (13.57%), Copper: 0.27mg (13.33%), Calcium: 124.18mg (12.42%), Vitamin B12: 0.45µg (7.43%), Vitamin D: 0.17µg (1.13%)