



Pasta Florentine

READY IN



25 min.

SERVINGS



6

CALORIES



276 kcal

Ingredients

- 1 Tbsp butter
- 1 cup mushrooms fresh sliced
- 10 oz pkt spinach frozen thawed drained chopped well
- 14.5 oz macaroni & cheese family size dinner kraft
- 0.3 cup milk
- 0.5 cup onion chopped

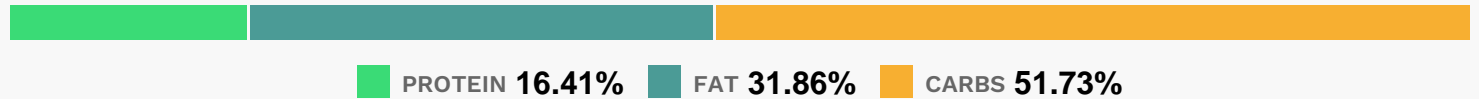
Equipment

- frying pan

Directions

- Prepare Dinner as directed on package.
- Cook and stir mushrooms and onions in butter in large skillet on medium-high heat until tender.
- Add to Dinner with the spinach and milk; mix lightly. Cook on medium heat until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:21.09, Inflammation Score:-10, Nutrition Score:18.215217522953%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 276.29kcal (13.81%), Fat: 9.96g (15.32%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 34.62g (12.59%), Sugar: 1.84g (2.05%), Cholesterol: 1.63mg (0.54%), Sodium: 588.25mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.09%), Vitamin K: 175.86µg (167.49%), Vitamin A: 5646.13IU (112.92%), Manganese: 0.68mg (33.99%), Phosphorus: 322.89mg (32.29%), Folate: 73.79µg (18.45%), Calcium: 181.21mg (18.12%), Magnesium: 63.2mg (15.8%), Iron: 2.42mg (13.44%), Vitamin B2: 0.19mg (11.37%), Potassium: 390.11mg (11.15%), Vitamin E: 1.45mg (9.69%), Zinc: 1.32mg (8.78%), Fiber: 1.76g (7.03%), Selenium: 4.65µg (6.64%), Copper: 0.12mg (6.21%), Vitamin B6: 0.12mg (6.12%), Vitamin B1: 0.07mg (4.76%), Vitamin C: 3.93mg (4.76%), Vitamin B3: 0.85mg (4.24%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.18µg (1.21%)