



Pepperidge Farm® Chicken Florentine Wrapped in Pastry

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 0.3 cup flour all-purpose
- 10 ounce pkt spinach frozen thawed drained chopped well
- 1 teaspoon ground nutmeg
- 4 teaspoons mustard dijon-style
- 3 tablespoons olive oil
- 17.3 ounce puff pastry sheets pepperidge farm®

- 2 chicken breast halves boneless skinless
- 1 tablespoon water

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Thaw the pastry sheets at room temperature for 40 minutes or until they're easy to handle.
- Heat the oven to 400 degrees F. Stir the egg and water in a small bowl with a fork.
- Pound the chicken to 1/4-inch thickness.
- Cut each chicken breast in half. Coat the chicken with the flour.
- Heat the oil in a 12-inch skillet over medium-high heat.
- Add the chicken and cook until it's well browned on both sides.
- Remove the chicken to a plate. Cover the plate and refrigerate for 15 minutes.
- Stir the spinach and nutmeg in the skillet. Reduce the heat to medium. Cook for 5 minutes or until the mixture is hot, stirring often.
- Unfold 1 pastry sheet on a lightly floured surface.
- Roll the pastry sheet into a 14-inch square.
- Cut the pastry sheet into 4 (7-inch) squares. Repeat with the remaining pastry sheet.
- Brush the edges of the pastry squares with the egg mixture
- Place 1 chicken piece in the center of each of 4 pastry squares.
- Spread each with 1 teaspoon mustard and top with about 1/4 cup spinach mixture. Top each with another pastry square. Press the edges to seal.
- Brush the pastries with the egg mixture.
- Place the pastries on a baking sheet.
- Bake for 25 minutes or until the pastries are golden.

Nutrition Facts

PROTEIN 11.43% FAT 59.43% CARBS 29.14%

Properties

Glycemic Index:58.25, Glycemic Load:35.8, Inflammation Score:-10, Nutrition Score:34.041738981786%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 912.7kcal (45.63%), Fat: 60.58g (93.2%), Saturated Fat: 14.12g (88.28%), Carbohydrates: 66.82g (22.27%), Net Carbohydrates: 62.33g (22.66%), Sugar: 1.65g (1.83%), Cholesterol: 77.08mg (25.69%), Sodium: 494.6mg (21.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Vitamin K: 289.96µg (276.16%), Vitamin A: 8392.3IU (167.85%), Selenium: 60.62µg (86.6%), Manganese: 1.22mg (60.76%), Vitamin B3: 12.02mg (60.1%), Folate: 225.63µg (56.41%), Vitamin B1: 0.69mg (45.88%), Vitamin B2: 0.67mg (39.27%), Iron: 5.52mg (30.65%), Vitamin B6: 0.6mg (29.92%), Vitamin E: 4.48mg (29.84%), Phosphorus: 266.44mg (26.64%), Magnesium: 94.43mg (23.61%), Fiber: 4.49g (17.98%), Potassium: 564.75mg (16.14%), Copper: 0.29mg (14.47%), Calcium: 118.52mg (11.85%), Vitamin B5: 1.1mg (11.01%), Zinc: 1.63mg (10.88%), Vitamin C: 4.61mg (5.59%), Vitamin B12: 0.21µg (3.52%), Vitamin D: 0.28µg (1.84%)