



Pesto Chicken Florentine

 Popular

READY IN



55 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce alfredo sauce mix dry
- 2 cloves garlic finely chopped
- 2 tablespoons olive oil
- 8 ounce penne pasta dry
- 2 tablespoons pesto
- 1 tablespoon romano cheese grated
- 4 chicken breast halves boneless skinless cut into strips
- 2 cups spinach leaves fresh

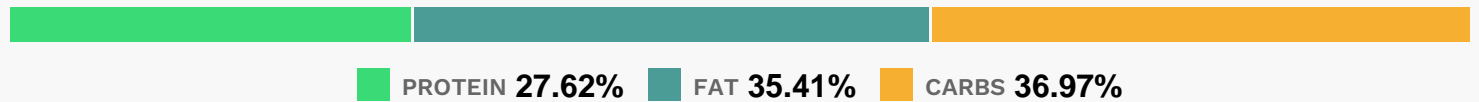
Equipment

- frying pan
- pot

Directions

- Heat oil in a large skillet over medium high heat.
- Add garlic, saute for 1 minute; then add chicken and cook for 7 to 8 minutes on each side. When chicken is close to being cooked through (no longer pink inside), add spinach and saute all together for 3 to 4 minutes.
- Meanwhile, prepare Alfredo sauce according to package directions. When finished, stir in 2 tablespoons pesto; set aside.
- In a large pot of salted boiling water, cook pasta for 8 to 10 minutes or until al dente. Rinse under cold water and drain.
- Add chicken/spinach mixture to pasta, then stir in pesto/Alfredo sauce.
- Mix well, top with cheese and serve.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:17.24, Inflammation Score:-8, Nutrition Score:23.665217557679%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 498.01kcal (24.9%), Fat: 19.19g (29.52%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 42.78g (15.56%), Sugar: 2.35g (2.61%), Cholesterol: 95.14mg (31.71%), Sodium: 446.21mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.69g (67.37%), Selenium: 72.54µg (103.63%), Vitamin K: 77µg (73.33%), Vitamin B3: 12.87mg (64.35%), Vitamin B6: 0.98mg (48.79%), Phosphorus: 363.61mg (36.36%),

Manganese: 0.7mg (34.84%), Vitamin A: 1596.97IU (31.94%), Vitamin B5: 1.88mg (18.79%), Potassium: 635.4mg (18.15%), Magnesium: 72.17mg (18.04%), Folate: 43.96µg (10.99%), Copper: 0.22mg (10.94%), Vitamin B2: 0.18mg (10.68%), Vitamin E: 1.59mg (10.62%), Zinc: 1.58mg (10.56%), Iron: 1.68mg (9.33%), Vitamin B1: 0.14mg (9.23%), Fiber: 2.3g (9.18%), Vitamin C: 6.04mg (7.32%), Calcium: 60.57mg (6.06%), Vitamin B12: 0.24µg (4%)