



Philly Chicken Florentine

READY IN



30 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups tightly baby spinach leaves packed
- 270 g philadelphia herb & garlic cooking creme cream cheese product
- 1 tablespoon oil
- 1 and orange peppers cut into strips
- 3 cups penne pasta uncooked
- 2 tablespoons pinenuts toasted
- 1 pound chicken breasts boneless skinless cut into strips

Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook and stir 5 to 7 min. or until done. Stir in peppers and spinach; cook 2 min., stirring frequently.
- Add Cooking Creme; cook and stir 2 to 3 min. or until heated through.
- Drain pasta, reserving 1/3 cup cooking water. Gradually add reserved water to sauce mixture until desired consistency is reached.
- Add pasta; mix lightly. Top with pine nuts.
- Serve immediately.

Nutrition Facts

 **PROTEIN 20.91%**  **FAT 41.1%**  **CARBS 37.99%**

Properties

Glycemic Index:26.5, Glycemic Load:25.84, Inflammation Score:-10, Nutrition Score:34.844347933064%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 756.31kcal (37.82%), Fat: 34.81g (53.56%), Saturated Fat: 14.63g (91.41%), Carbohydrates: 72.41g (24.14%), Net Carbohydrates: 68.24g (24.82%), Sugar: 3.81g (4.23%), Cholesterol: 145.95mg (48.65%), Sodium: 528.44mg (22.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Vitamin K: 151.86µg (144.63%), Selenium: 89.98µg (128.54%), Manganese: 1.53mg (76.66%), Vitamin A: 3780.04IU (75.6%), Vitamin B3: 13.99mg (69.95%), Vitamin C: 47.91mg (58.07%), Vitamin B6: 1.12mg (55.95%), Phosphorus: 448.79mg (44.88%), Magnesium: 114.02mg (28.51%), Potassium: 867.75mg (24.79%), Folate: 93.31µg (23.33%), Vitamin B5: 2.11mg (21.09%), Copper: 0.38mg (19.23%), Fiber: 4.17g (16.68%), Vitamin E: 2.47mg (16.44%), Zinc: 2.4mg (16.02%), Iron: 2.73mg (15.19%), Vitamin B2: 0.26mg (15.14%), Vitamin B1: 0.21mg (13.75%), Calcium: 55.97mg (5.6%), Vitamin B12: 0.23µg (3.78%)