



## Saucy Chicken & Spinach Skillet

READY IN



25 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz baby spinach leaves
- 4 cloves garlic minced
- 0.5 lb pasta uncooked
- 1 Tbsp olive oil
- 24 oz classico family favorites pasta sauce traditional
- 1 cup mozzarella cheese shredded with a touch of philadelphia kraft
- 1.5 lb chicken thighs boneless skinless cut into bite-size pieces

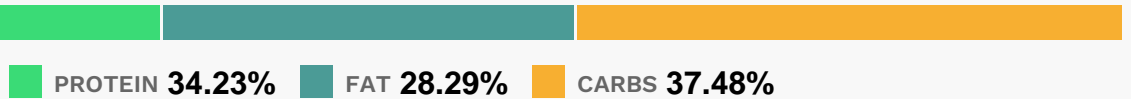
### Equipment

- frying pan
- dutch oven

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook and stir chicken and garlic in hot oil in large deep skillet or Dutch oven on medium-high heat 3 min. or until chicken is no longer pink.
- Add sauce; simmer on medium-low heat 8 to 10 min. or until chicken is done, stirring occasionally.
- Add spinach; cook 1 min. or just until wilted, stirring frequently.
- Drain pasta.
- Serve topped with chicken mixture and cheese.

## Nutrition Facts



## Properties

Glycemic Index:29.33, Glycemic Load:13.72, Inflammation Score:-9, Nutrition Score:29.177826135055%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 388.52kcal (19.43%), Fat: 12.2g (18.77%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 32.77g (11.92%), Sugar: 5.38g (5.98%), Cholesterol: 122.47mg (40.82%), Sodium: 780.52mg (33.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.41%), Vitamin K: 145.3µg (138.38%), Selenium: 53.94µg (77.05%), Vitamin A: 3302.93IU (66.06%), Vitamin B3: 8.34mg (41.69%), Phosphorus: 397.14mg (39.71%), Manganese: 0.78mg (38.97%), Vitamin B6: 0.76mg (37.82%), Potassium: 879.33mg (25.12%), Vitamin B2: 0.41mg (23.87%), Magnesium: 89.75mg (22.44%), Zinc: 3.22mg (21.5%), Vitamin C: 16.53mg (20.03%), Folate: 77.91µg (19.48%), Vitamin B5: 1.93mg (19.31%), Vitamin B12: 1.15µg (19.19%), Vitamin E: 2.83mg (18.85%), Iron: 3.38mg (18.8%), Copper: 0.35mg (17.4%), Calcium: 160mg (16%), Fiber: 3.58g (14.3%), Vitamin B1: 0.19mg (13%)