



Stuffed Chicken Florentine

READY IN



65 min.

SERVINGS



5

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup classico creamy alfredo pasta sauce
- 0.3 cup bread crumbs dry
- 2 Tbsp parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless
- 10 oz pkt spinach frozen dry thawed chopped
- 1 cup classico tomato and basil pasta sauce divided

Equipment

- oven

baking pan

Directions

Heat oven to 400F.

Pour 1/4 cup Tomato and Basil Pasta Sauce into 8-inch square baking dish sprayed with cooking spray.

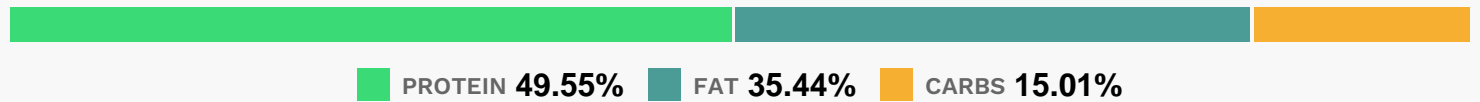
Place chicken breasts, top sides down, on work surface.

Combine Alfredo Pasta Sauce, spinach and bread crumbs; spread onto chicken. Starting at one short end of each breast, roll up chicken; place, seam side down, in prepared baking dish.

Pour remaining Tomato and Basil Pasta Sauce over chicken; top with cheese. Cover.

Bake 40 to 45 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:28.212173928385%

Nutrients (% of daily need)

Calories: 278.84kcal (13.94%), Fat: 10.72g (16.49%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 7.53g (2.74%), Sugar: 3.03g (3.37%), Cholesterol: 110.52mg (36.84%), Sodium: 590.58mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.72g (67.44%), Vitamin K: 211.58µg (201.51%), Vitamin A: 6856.65IU (137.13%), Vitamin B3: 14.84mg (74.2%), Selenium: 49.01µg (70.01%), Vitamin B6: 1.12mg (56.24%), Phosphorus: 335.14mg (33.51%), Manganese: 0.47mg (23.54%), Folate: 93.55µg (23.39%), Potassium: 793.93mg (22.68%), Vitamin B5: 2.03mg (20.29%), Magnesium: 80.93mg (20.23%), Vitamin B2: 0.29mg (17.16%), Vitamin B1: 0.19mg (12.88%), Vitamin E: 1.92mg (12.78%), Calcium: 115.51mg (11.55%), Iron: 1.99mg (11.06%), Fiber: 2.69g (10.75%), Zinc: 1.27mg (8.48%), Vitamin C: 5.95mg (7.21%), Copper: 0.13mg (6.65%), Vitamin B12: 0.32µg (5.3%)