Stuffed Chicken Florentine

READY IN	SERVINGS	CALORIES
65 min.	6	232 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

PROTEIN **49.55%** FAT **35.44%** CARBS **15.01%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:24.959565289643%

Nutrients (% of daily need)

Calories: 232.37kcal (11.62%), Fat: 8.93g (13.74%), Saturated Fat: 3.31g (20.72%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 6.27g (2.28%), Sugar: 2.53g (2.81%), Cholesterol: 92.1mg (30.7%), Sodium: 492.15mg (21.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Vitamin K: 176.32µg (167.92%), Vitamin A: 5713.88IU (114.28%), Vitamin B3: 12.37mg (61.83%), Selenium: 40.84µg (58.34%), Vitamin B6: 0.94mg (46.87%), Phosphorus: 279.28mg (27.93%), Manganese: 0.39mg (19.62%), Folate: 77.96µg (19.49%), Potassium: 661.61mg (18.9%), Vitamin B5: 1.69mg (16.91%), Magnesium: 67.44mg (16.86%), Vitamin B2: 0.24mg (14.3%), Vitamin B1: 0.16mg (10.73%), Vitamin E: 1.6mg (10.65%), Calcium: 96.26mg (9.63%), Iron: 1.66mg (9.21%), Fiber: 2.24g (8.96%), Zinc: 1.06mg (7.06%), Vitamin C: 4.96mg (6.01%), Copper: 0.11mg (5.54%), Vitamin B12: 0.26µg (4.42%)