



WHATSheATE



Three-Cheese Chicken Penne Florentine

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 4 cups penne pasta hot tube-shaped cooked uncooked (8 ounces pasta)
- ☐ 16 ounce carton cottage cheese 2% low-fat
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 3 cups mushrooms thinly sliced
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 ounces parmesan cheese fresh divided grated

- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups roasted shredded boneless skinless
- ☐ 4 ounces sharp cheddar cheese shredded divided reduced-fat
- ☐ 3 cups pkt spinach fresh chopped

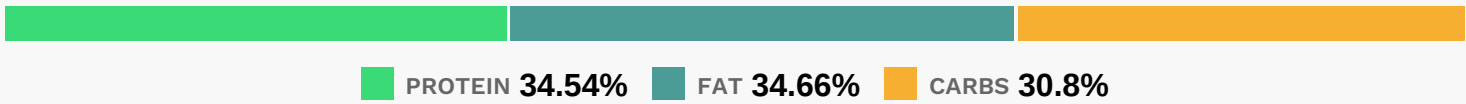
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms, onion, and bell pepper; saut 4 minutes or until tender.
- ☐ Add spinach, oregano, and black pepper; saut 3 minutes or just until spinach wilts.
- ☐ Place cottage cheese in a food processor; process until very smooth.
- ☐ Combine spinach mixture, cottage cheese, pasta, chicken, 3/4 cup cheddar cheese, 1/4 cup Parmesan cheese, milk, and soup in a large bowl. Spoon mixture into a 2-quart baking dish coated with cooking spray.
- ☐ Sprinkle with remaining 1/4 cup cheddar cheese and remaining 1/4 cup Parmesan cheese.
- ☐ Bake at 425 for 25 minutes or until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:8.29, Inflammation Score:-9, Nutrition Score:21.260000135588%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 307.58kcal (15.38%), Fat: 11.86g (18.24%), Saturated Fat: 5.49g (34.34%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 21.33g (7.75%), Sugar: 5.25g (5.84%), Cholesterol: 49.49mg (16.5%), Sodium: 767.13mg (33.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.16%), Vitamin K: 61.8µg (58.86%), Selenium: 38.63µg (55.19%), Vitamin A: 1965.69IU (39.31%), Phosphorus: 367mg (36.7%), Vitamin C: 29.77mg (36.08%), Vitamin B3: 5.96mg (29.8%), Calcium: 274.98mg (27.5%), Vitamin B2: 0.46mg (27.12%), Vitamin B6: 0.51mg (25.32%), Manganese: 0.38mg (18.93%), Vitamin B5: 1.56mg (15.57%), Potassium: 517.43mg (14.78%), Folate: 58.06µg (14.51%), Copper: 0.27mg (13.5%), Vitamin B12: 0.76µg (12.67%), Zinc: 1.89mg (12.61%), Magnesium: 48.48mg (12.12%), Iron: 2.1mg (11.64%), Fiber: 2.39g (9.54%), Vitamin B1: 0.12mg (8.02%), Vitamin E: 1.15mg (7.68%), Vitamin D: 0.23µg (1.53%)