



HEALTH SCORE

54%

Three-Cheese Chicken Penne Pasta Bake

READY IN

**43 min.**

SERVINGS

**4**

CALORIES

**473 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups penne pasta uncooked
- ☐ 9 oz pkt spinach fresh
- ☐ 1 lb chicken breast boneless skinless cut into bite-size pieces
- ☐ 1 tsp basil dried
- ☐ 1 clove garlic
- ☐ 14 oz pasta sauce
- ☐ 14 oz tomatoes diced drained canned
- ☐ 2 oz neufchatel cheese cubed ()
- ☐ 1 cup mozzarella cheese shredded 2% divided

☐ 2 Tbsp parmesan cheese grated

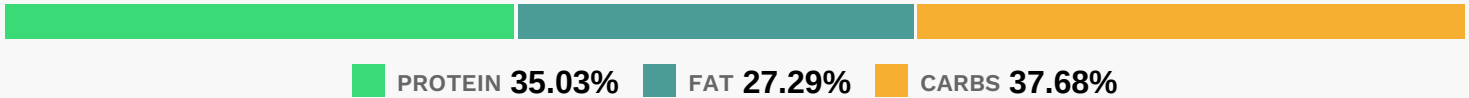
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ HEAT oven to 375°F.
- ☐ COOK pasta as directed on package, omitting salt and adding spinach to the boiling water the last minute.
- ☐ COOK and stir chicken and basil in large nonstick skillet sprayed with cooking spray on medium-high heat 3 min
- ☐ Stir in garlic,spaghetti sauce and tomatoes; bring to boil. Simmer on low heat 3 min. or until chicken is done. Stir in Neufchatel.
- ☐ DRAIN pasta mixture; return to pan
- ☐ Stir in chicken mixture and 1/2 cup mozzarella. Spoon into 2-qt. casserole or 8-inch square baking dish.
- ☐ BAKE 20 min.; top with remaining cheeses.
- ☐ Bake another 3 min. or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:15.03, Inflammation Score:-10, Nutrition Score:41.04956547592%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 473.46kcal (23.67%), Fat: 14.45g (22.24%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 39.52g (14.37%), Sugar: 8.04g (8.94%), Cholesterol: 107.36mg (35.79%), Sodium: 1063.72mg (46.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.74g (83.47%), Vitamin K: 320.95µg (305.67%), Vitamin A: 6893.79IU (137.88%), Selenium: 70.46µg (100.66%), Vitamin B3: 14.78mg (73.9%), Vitamin B6: 1.27mg (63.66%), Manganese: 1.22mg (60.88%), Phosphorus: 531.41mg (53.14%), Vitamin C: 35.69mg (43.27%), Potassium: 1410.45mg (40.3%), Folate: 157.95µg (39.49%), Magnesium: 138.6mg (34.65%), Calcium: 311.61mg (31.16%), Vitamin B2: 0.49mg (29.01%), Iron: 5.09mg (28.29%), Vitamin E: 3.82mg (25.47%), Vitamin B5: 2.4mg (23.99%), Copper: 0.44mg (21.78%), Fiber: 5.38g (21.53%), Zinc: 3.02mg (20.16%), Vitamin B1: 0.24mg (16.18%), Vitamin B12: 0.94µg (15.69%), Vitamin D: 0.24µg (1.59%)