

Spinach Artichoke Chicken

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-recipe-with-greek-yogurt-and-parmesan-cheese>

Ingredients:

- olive oil spray
- 8 chicken breasts
- 13 3/4 ounces artichoke hearts packed in water, drained
- 10 ounces frozen spinach thawed and squeezed
- 2 shallots chopped
- 1 clove garlic minced
- 1/2 cup greek yogurt
- 1/2 cup mayonnaise
- 1/2 cup Parmesan cheese
- 1/2 cup shredded mozzarella cheese

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 160 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 56 grams
7. SaturatedFat: 5 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams

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