

Chicken & Spinach Pasta Bake

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-tomato-spinach-bake-recipe>

Ingredients:

- 8 ounces uncooked rigatoni
- 1 tablespoon olive oil
- 1 cup chopped onion
- 10 ounces frozen spinach pack, thawed
- 3 cups cooked chicken breasts cubed
- 14 ounces diced tomatoes Italian-style, undrained
- 8 ounces chive & onion cream cheese
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 1/2 cups shredded mozzarella cheese

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 50 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 6 grams
8. Sodium: 620 milligrams
9. Sugar: 7 grams

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