

# Chicken al Forno

*www.GalbaniCheese.com*

1 ounce mozzarella cheese, hand shredded  
3 tablespoons Parmesan cheese, grated  
6 (three ounce) chicken breasts, `   
1 cup flour  
2 tablespoons olive oil  
3/4 cup frozen spinach, thawed and drained  
2 cloves garlic, crushed  
salt (to taste)  
pepper (to taste)  
1/2 cup white wine  
1 tablespoon lemon juice  
4 tablespoons butter  
1/4 cup provolone cheese, hand shredded

Preheat the oven to 400 degrees.

Dredge the chicken in flour. Shake off the excess.

In a large non-stick pan, heat the olive oil on medium-high heat. Cook the chicken thoroughly. Add the spinach, garlic, salt and pepper. Saute' for another 2 minutes. Add the parmesan cheese, white wine, lemon juice and butter. Simmer.

Move into an oven-safe dish. Top with mozzarella and provolone cheese.

Bake for 6 to 8 minutes until the cheese is melted and golden brown.

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Per Serving (excluding unknown items): 4489 Calories; 256g Fat (53.2% calories from fat); 401g Protein; 106g Carbohydrate; 7g Dietary Fiber; 1298mg Cholesterol; 2346mg Sodium. Exchanges: 6 1/2 Grain(Starch); 55 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 17 Fat.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	4489	<b>Vitamin B6 (mg):</b>	9.5mg
<b>% Calories from Fat:</b>	53.2%	<b>Vitamin B12 (mcg):</b>	6.8mcg
<b>% Calories from Carbohydrates:</b>	9.8%	<b>Thiamin B1 (mg):</b>	2.2mg
<b>% Calories from Protein:</b>	37.0%	<b>Riboflavin B2 (mg):</b>	2.4mg
<b>Total Fat (g):</b>	256g	<b>Folacin (mcg):</b>	253mcg
<b>Saturated Fat (g):</b>	92g	<b>Niacin (mg):</b>	180mg
<b>Monounsaturated Fat (g):</b>	105g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	39g	<b>Alcohol (kcal):</b>	80
			0.0%

Cholesterol (mg):	1298mg
Carbohydrate (g):	106g
Dietary Fiber (g):	7g
Protein (g):	401g
Sodium (mg):	2346mg
Potassium (mg):	4575mg
Calcium (mg):	995mg
Iron (mg):	22mg
Zinc (mg):	18mg
Vitamin C (mg):	55mg
Vitamin A (i.u.):	12888IU
Vitamin A (r.e.):	1944RE

**% Refined**

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### Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	55
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	17
Other Carbohydrates:	0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 4489                      **Calories from Fat:** 2386

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**% Daily Values\***

<b>Total Fat</b> 256g	393%
Saturated Fat 92g	458%
<b>Cholesterol</b> 1298mg	433%
<b>Sodium</b> 2346mg	98%
<b>Total Carbohydrates</b> 106g	35%
Dietary Fiber 7g	29%
<b>Protein</b> 401g	
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<b>Vitamin A</b>	258%
<b>Vitamin C</b>	91%
<b>Calcium</b>	99%
<b>Iron</b>	122%

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*\* Percent Daily Values are based on a 2000 calorie diet.*