



Asparagus-Sauced Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb asparagus trimmed
- 1 tsp chicken bouillon instant
- 3 cups rice hot cooked
- 0.3 cup grey poupon dijon mustard
- 2 cups milk
- 1.8 oz env. sauce mix white
- 1.5 lb turkey breast tenderloin steaks boneless skinless

Equipment

sauce pan

broiler

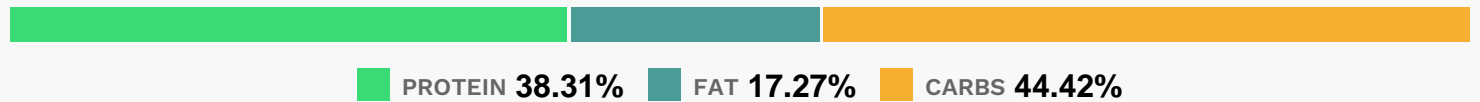
Directions

Preheat broiler. Broil chicken, 4 to 6 inches from heat, 10 to 15 min. or until cooked through, turning over after 8 min.

Meanwhile, mix milk, white sauce mix, mustard and bouillon in small saucepan. Bring to boil on medium-high heat, stirring frequently. Stir in asparagus. Return to boil. Reduce heat to medium-low; cook 3 to 5 min. or until vegetables are crisp-tender, stirring frequently.

Spoon sauce over chicken and rice.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:4.43, Inflammation Score:-2, Nutrition Score:3.7708695504976%

Flavonoids

Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 56.37kcal (2.82%), Fat: 1.06g (1.64%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.75g (2.09%), Sugar: 1.49g (1.66%), Cholesterol: 14.11mg (4.7%), Sodium: 48.44mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Selenium: 8.4µg (12.01%), Vitamin B3: 2.23mg (11.17%), Vitamin B6: 0.18mg (8.99%), Phosphorus: 69.39mg (6.94%), Vitamin K: 5.5µg (5.24%), Manganese: 0.1mg (4.76%), Vitamin B5: 0.42mg (4.23%), Potassium: 126.44mg (3.61%), Vitamin B2: 0.06mg (3.52%), Vitamin B1: 0.04mg (2.99%), Magnesium: 11.02mg (2.76%), Vitamin A: 127.66IU (2.55%), Calcium: 23.72mg (2.37%), Iron: 0.4mg (2.25%), Zinc: 0.32mg (2.12%), Copper: 0.04mg (2.03%), Folate: 8.05µg (2.01%), Vitamin B12: 0.11µg (1.9%), Fiber: 0.4g (1.61%), Vitamin E: 0.2mg (1.35%), Vitamin C: 0.97mg (1.17%), Vitamin D: 0.17µg (1.15%)