



Broccoli Chicken Fettuccini Alfredo

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli fresh chopped
- ☐ 2 tablespoons butter
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.5 cup milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 pound fettuccine pasta dry
- ☐ 1 chicken breasts boneless skinless

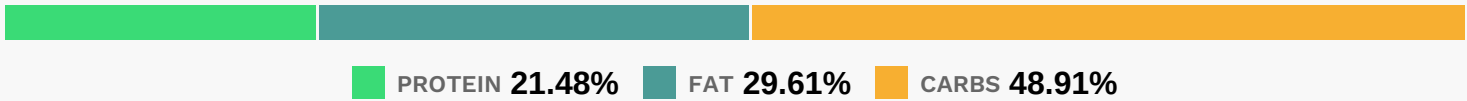
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add fettuccini pasta and cook for 8 to 10 minutes or until al dente, adding broccoli for the last 4 minutes of cooking.
- ☐ Drain.
- ☐ Cut chicken breast meat into bite size pieces, trimming any fat off in the process. In a large skillet melt butter or margarine over medium heat.
- ☐ Add chicken and saute until well browned.
- ☐ Add soup, milk and cheese and stir all together.
- ☐ Add pasta/broccoli mixture and heat through.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:17.85, Inflammation Score:-6, Nutrition Score:17.230000039806%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 417.63kcal (20.88%), Fat: 13.65g (21%), Saturated Fat: 7.36g (46%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 48.2g (17.53%), Sugar: 3.37g (3.74%), Cholesterol: 51.47mg (17.16%), Sodium: 858.96mg (37.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.28g (44.55%), Selenium: 50.45µg (72.07%), Manganese: 0.81mg (40.54%), Phosphorus: 314.84mg (31.48%), Vitamin C: 19.96mg (24.2%), Vitamin B3: 4.78mg (23.91%), Vitamin K: 23.35µg (22.24%), Vitamin B6: 0.39mg (19.5%), Calcium: 176.4mg (17.64%), Zinc: 2.56mg (17.09%), Copper: 0.34mg (17%), Magnesium: 55.52mg (13.88%), Potassium: 466.91mg (13.34%), Vitamin B2: 0.22mg (13.02%), Vitamin B5: 1.08mg (10.8%), Fiber: 2.54g (10.15%), Vitamin A: 478IU (9.56%), Iron: 1.59mg (8.85%), Vitamin

B12: 0.52µg (8.73%), Vitamin B1: 0.12mg (8.05%), Folate: 31.49µg (7.87%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.43µg (2.84%)