



Campbell's Chicken & Broccoli Alfredo

READY IN



20 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces pasta
- 1 cup broccoli florets fresh frozen
- 2 tablespoons butter
- 1 lb chicken breast boneless cubed
- 10.8 ounce cream of mushroom soup fat-free 98% canned
- 0.5 cup milk
- 0.5 cup parmesan grated
- 0.3 teaspoon pepper

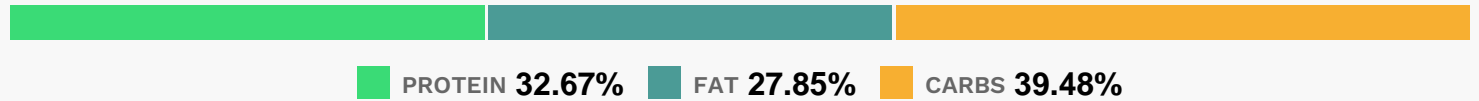
Equipment

frying pan

Directions

- Cook linguine according to package directions.
- Add broccoli for the last 4 minutes of cooking time; drain.
- Heat butter in skillet.
- Add chicken and cook until browned, stirring often.
- Add soup, milk, cheese, pepper, and linguine mixture and heat through.
- Serve with additional Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:17.98, Inflammation Score:-6, Nutrition Score:24.989130528077%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 511.64kcal (25.58%), Fat: 15.59g (23.99%), Saturated Fat: 7.96g (49.74%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 47.13g (17.14%), Sugar: 3.47g (3.86%), Cholesterol: 103.59mg (34.53%), Sodium: 939.51mg (40.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.16g (82.31%), Selenium: 76.16µg (108.8%), Vitamin B3: 13.69mg (68.46%), Vitamin B6: 1.03mg (51.54%), Phosphorus: 501.84mg (50.18%), Manganese: 0.83mg (41.65%), Vitamin C: 21.65mg (26.25%), Vitamin K: 24.49µg (23.32%), Vitamin B5: 2.32mg (23.15%), Potassium: 774.49mg (22.13%), Calcium: 219.07mg (21.91%), Magnesium: 79.16mg (19.79%), Zinc: 2.87mg (19.1%), Copper: 0.36mg (18.2%), Vitamin B2: 0.31mg (18%), Vitamin B1: 0.18mg (11.83%), Vitamin B12: 0.68µg (11.25%), Iron: 1.97mg (10.96%), Fiber: 2.59g (10.36%), Vitamin A: 498.4IU (9.97%), Folate: 35.51µg (8.88%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.51µg (3.41%)