



WHATSheATE



Campbell's® Chicken & Broccoli Alfredo

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli fresh
- ☐ 2 tablespoons butter
- ☐ 10.8 ounces cream of mushroom soup fat free 98% 25% healthy request® canned (Regular, , Less Sodium or)
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 pasta
- ☐ 0.5 cup milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 pound chicken breast boneless skinless cut into 1 1/2-inch pieces

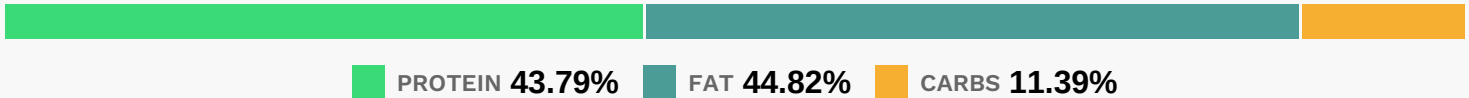
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Prepare the linguine according to the package directions in a 3-quart saucepan.
- ☐ Add the broccoli during the last 4 minutes of the cooking time.
- ☐ Drain the linguine and broccoli well in a colander.
- ☐ Heat the butter in a 10-inch skillet over medium-high heat.
- ☐ Add the chicken and cook until it's well browned, stirring often. Stir the soup, milk, cheese, black pepper and linguine mixture into the skillet.
- ☐ Heat, stirring occasionally, until the mixture is hot and bubbling.
- ☐ Serve with additional Parmesan cheese. Grilled Chicken & Broccoli Alfredo: Substitute grilled chicken breasts for the skinless, boneless chicken. Shrimp & Broccoli Alfredo: Substitute 1 pound fresh extra large shrimp, shelled and deveined for the chicken. Cook as directed in Step 2 until the shrimp are cooked through. Spanish-Inspired Tip: Reduce the chicken to 1/2 pound and omit the Parmesan cheese. Prepare as directed above. Stir 1/2 pound peeled cooked shrimp, 1/4 pound chorizo or ham, diced and 1 teaspoon paprika into the skillet in Step Indian-Inspired Tip: Omit the Parmesan cheese. Substitute 1 cup uncooked basmati rice for the linguine. Prepare as directed above. Stir 1 teaspoon curry powder and 1/2 teaspoon ground cumin into the skillet in Step
- ☐ Sprinkle with toasted slivered almonds, if desired. Asian-Inspired Tip: Omit the Parmesan cheese. Substitute 1 package (6 ounces) rice noodles for the linguine. Prepare as directed above. Stir 1 tablespoon soy sauce, 2 cloves garlic, minced and 2 teaspoons minced fresh ginger root in to the skillet with the chicken in Step

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:18.967826045078%

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: 305.12kcal (15.26%), Fat: 15.01g (23.09%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.81g (2.84%), Sugar: 1.86g (2.06%), Cholesterol: 105.97mg (35.32%), Sodium: 954.37mg (41.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.99g (65.98%), Vitamin B3: 12.7mg (63.51%), Selenium: 41.95µg (59.92%), Vitamin B6: 0.95mg (47.39%), Phosphorus: 386.92mg (38.69%), Vitamin C: 20.98mg (25.44%), Vitamin K: 23.67µg (22.54%), Vitamin B5: 2.05mg (20.51%), Potassium: 657.46mg (18.78%), Calcium: 169.33mg (16.93%), Vitamin B2: 0.27mg (16.04%), Manganese: 0.32mg (16.04%), Zinc: 2.26mg (15.08%), Magnesium: 47.89mg (11.97%), Vitamin B12: 0.69µg (11.57%), Vitamin A: 504.23IU (10.08%), Copper: 0.2mg (10.06%), Vitamin B1: 0.12mg (8.3%), Iron: 1.18mg (6.58%), Folate: 24.73µg (6.18%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.51µg (3.41%), Fiber: 0.76g (3.04%)