



## Chicken and Broccoli Alfredo

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup broccoli flowerets fresh
- 2 tablespoons butter
- 10.8 ounces campbell's® condensed cream of mushroom soup fat free 98% healthy request® canned (Regular, or )
- 0.3 teaspoon ground pepper black
- 0.5 ounce package linguine
- 0.5 cup milk
- 0.5 cup parmesan cheese grated
- 1 pound chicken breast halves 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 mixture 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 in the skillet and cook until the chicken is cooked through, stirring occasionally.
- 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 for the chicken above, until the shrimp are cooked through.
- Serve with a mixed green salad topped with orange sections, walnut pieces and raspberry vinaigrette. For dessert serve almond biscotti.
- You can substitute spaghetti or fettuccine for the linguine in this recipe.
- Cost per recipe: \$7.86

## 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%)