



Chicken Antonine Crème with Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups angel hair hot cooked uncooked (8 ounces pasta)
- ☐ 1 bay leaf
- ☐ 6 peppercorns black
- ☐ 2 cups celery diagonally sliced ()
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup yogurt plain fat-free
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 16 ounce one-third-less sodium chicken broth canned
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce parmesan cheese fresh divided grated
- ☐ 0.3 teaspoon pepper divided
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned
- ☐ 2 tablespoons water

Equipment

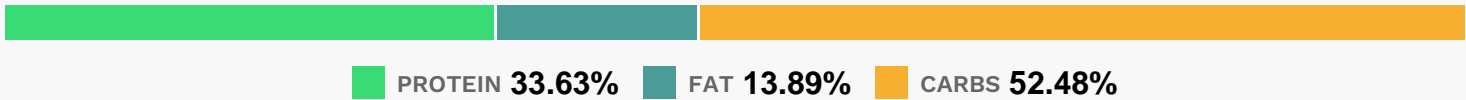
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place a colander in a medium bowl. Line colander with 4 layers of cheesecloth, extending cheesecloth over outside edges. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid. Cover and refrigerate.
- ☐ Combine broth, rind, peppercorns, cloves, and bay leaf in a saucepan; bring to a boil. Reduce heat; simmer 10 minutes or until reduced to 1 cup. Strain mixture through a sieve over a bowl; discard solids. Set aside.
- ☐ Sprinkle chicken with salt and 1/8 teaspoon pepper.
- ☐ Heat oil in a large non-stick skillet over medium-high heat.
- ☐ Place chicken in skillet; saute 3 minutes or until lightly browned.
- ☐ Add celery; turn chicken breasts over, nestling them into celery. Cover, reduce heat, and cook 5 minutes.

- ☐ Remove chicken and celery from skillet.
- ☐ Cut the chicken into 1-inch pieces. Set chicken and celery aside; keep warm.
- ☐ Add broth to skillet, scraping pan to loosen browned bits.
- ☐ Combine cornstarch and water. Stir cornstarch mixture into broth; cook 30 seconds. Gradually add broth mixture to yogurt cheese, stirring constantly with a whisk. Stir in juice.
- ☐ Place hot pasta in a large bowl.
- ☐ Pour yogurt sauce over pasta.
- ☐ Add chicken and celery; toss gently to coat. Stir in 3 tablespoons Parmesan, 3 tablespoons parsley, and 1/8 teaspoon pepper. Divide pasta mixture evenly among 4 plates.
- ☐ Sprinkle with 1 tablespoon Parmesan and 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:22.87, Inflammation Score:-7, Nutrition Score:28.627391452375%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 9.52mg, Apigenin: 9.52mg, Apigenin: 9.52mg, Apigenin: 9.52mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 515.17kcal (25.76%), Fat: 7.84g (12.06%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 66.61g (22.2%), Net Carbohydrates: 63.14g (22.96%), Sugar: 7.82g (8.69%), Cholesterol: 78.62mg (26.21%), Sodium: 519.33mg (22.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.69g (85.38%), Selenium: 87.77µg (125.39%), Vitamin B3: 14.97mg (74.87%), Vitamin K: 77.89µg (74.18%), Phosphorus: 574.9mg (57.49%), Vitamin B6: 1.05mg (52.6%), Manganese: 0.81mg (40.34%), Potassium: 1011.14mg (28.89%), Calcium: 259.71mg (25.97%), Vitamin B5: 2.52mg (25.18%), Magnesium: 93.68mg (23.42%), Vitamin B2: 0.39mg (23.16%), Zinc: 2.73mg (18.23%), Copper: 0.35mg (17.37%), Vitamin C: 11.7mg (14.18%), Fiber: 3.47g (13.9%), Vitamin B12: 0.8µg (13.31%), Folate: 51.39µg (12.85%), Vitamin A: 639.93IU (12.8%), Vitamin B1: 0.19mg (12.55%), Iron: 2.14mg (11.9%), Vitamin E: 0.64mg (4.25%)