



## Chicken Broccoli Alfredo

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 oz di giorno alfredo sauce
- 2 cups broccoli florets fresh
- 9 oz fettuccine barilla refrigerated
- 0.3 tsp garlic powder
- 1 Tbsp oil
- 2 chicken breast halves boneless skinless cut into strips

### Equipment

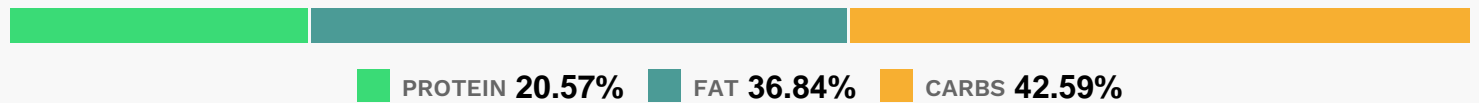
- frying pan

pot

## Directions

- Heat oil in large skillet.
- Add chicken; cook and stir on medium-high heat 5 minutes or until no longer pink.
- Stir in sauce and garlic powder; cook 5 minutes.
- Meanwhile, add fettuccine and broccoli to large pot of boiling water. Cook 3 minutes; drain. Toss with sauce just before serving. Season with ground black pepper, if desired.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:19.67, Inflammation Score:-6, Nutrition Score:20.975217565246%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 483.97kcal (24.2%), Fat: 19.59g (30.14%), Saturated Fat: 7.19g (44.97%), Carbohydrates: 50.96g (16.99%), Net Carbohydrates: 47.66g (17.33%), Sugar: 3.11g (3.46%), Cholesterol: 136.23mg (45.41%), Sodium: 570.41mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Selenium: 69.53µg (99.33%), Vitamin C: 41.27mg (50.02%), Vitamin K: 49.34µg (46.99%), Vitamin B3: 7.52mg (37.62%), Manganese: 0.65mg (32.56%), Vitamin B6: 0.64mg (32.19%), Phosphorus: 303.21mg (30.32%), Vitamin B5: 1.65mg (16.49%), Magnesium: 61.39mg (15.35%), Potassium: 510.78mg (14.59%), Fiber: 3.31g (13.22%), Folate: 49.51µg (12.38%), Vitamin B1: 0.18mg (11.85%), Zinc: 1.74mg (11.63%), Copper: 0.23mg (11.4%), Vitamin B2: 0.17mg (9.85%), Iron: 1.76mg (9.8%), Vitamin E: 1.31mg (8.75%), Vitamin A: 339.96IU (6.8%), Vitamin B12: 0.3µg (4.97%), Calcium: 46.69mg (4.67%), Vitamin D: 0.25µg (1.65%)