



Chicken & Broccoli Alfredo

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets fresh
- 2 tablespoons butter
- 10.8 ounces cream of mushroom soup fat free 98% healthy request® canned (Regular, or)
- 0.3 teaspoon pepper black
- 0.5 pasta
- 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 well browned and cooked through, stirring often.
- Stir the soup, milk, cheese, black pepper and linguine mixture in the skillet and cook until the mixture is hot and bubbling, 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.
- 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 soup mixture.
- Indian-Inspired Tip: Omit the Parmesan cheese. Substitute 3 cups cooked basmati rice and 3/4 cup cooked broccoli flowerets for the linguine and uncooked broccoli. Stir 1 teaspoon curry powder and 1/2 teaspoon ground cumin into the skillet with the chicken.
- 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 the skillet and cook with the chicken
- Tip: You can substitute spaghetti or fettuccine for the linguine in this recipe.

Serve with a mixed green salad topped with orange sections, walnut pieces and raspberry vinaigrette. For dessert serve almond biscotti.

Nutrition Facts

PROTEIN 43.78% **FAT 44.79%** **CARBS 11.43%**

Properties

Glycemic Index:48.5, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:19.074782651404%

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: 305.38kcal (15.27%), Fat: 15.01g (23.09%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 7.84g (2.85%), Sugar: 1.87g (2.08%), Cholesterol: 105.97mg (35.32%), Sodium: 954.61mg (41.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.02%), Vitamin B3: 12.71mg (63.53%), Selenium: 41.97µg (59.95%), Vitamin B6: 0.95mg (47.46%), Phosphorus: 387.41mg (38.74%), Vitamin C: 21.65mg (26.25%), Vitamin K: 24.43µg (23.27%), Vitamin B5: 2.06mg (20.55%), Potassium: 659.83mg (18.85%), Calcium: 169.68mg (16.97%), Manganese: 0.32mg (16.11%), Vitamin B2: 0.27mg (16.1%), Zinc: 2.26mg (15.1%), Magnesium: 48.05mg (12.01%), Vitamin B12: 0.69µg (11.57%), Vitamin A: 508.9IU (10.18%), Copper: 0.2mg (10.07%), Vitamin B1: 0.13mg (8.33%), Iron: 1.19mg (6.61%), Folate: 25.21µg (6.3%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.51µg (3.41%), Fiber: 0.78g (3.12%)