



Chicken & Broccoli Alfredo

READY IN



45 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% 25% healthy request® canned (Regular, , Less Sodium or)
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 pound package linguine
- ☐ 0.5 cup milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 pound chicken breast boneless skinless cut into 1 1/2-inch pieces

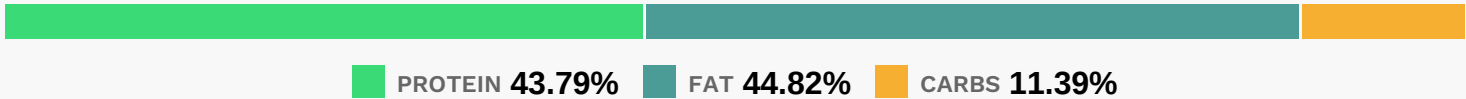
Equipment

- ☐ 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 cooking.
- ☐ 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. Cook until the mixture is hot and bubbling, stirring occasionally.
- ☐ Serve with a mixed green salad topped with orange sections, walnut pieces and raspberry vinaigrette. For dessert serve almond biscotti. Cost per recipe: \$ Cost per recipe serving: \$ Total cost of meal (including serving suggestion): \$ Cost calculations based on July 2008 national average prices

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%), Manganese: 0.32mg (16.04%), Vitamin B2: 0.27mg (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%)