



Chicken Giardino

READY IN



60 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1.5 cups chablis wine
- 16 ounce chicken tenderloins sliced into thirds
- 1 tablespoon thyme dried
- 8 ounce farfalle pasta (bow tie)
- 16 ounce savory vegetable mixed frozen thawed
- 0.5 teaspoon garlic crushed
- 0.5 cup cup heavy whipping cream divided
- 0.5 tablespoon juice of lemon fresh

- 0.5 teaspoon pepper dried red
- 4 servings salt and pepper to taste
- 2 tablespoons bearnaise sauce mix dry white
- 1 cup water

Equipment

- frying pan
- sauce pan
- pot

Directions

- In a large pot of salted boiling water, cook pasta 8 to 10 minutes or until al dente; rinse under cold water, drain and set aside.
- Saute chicken pieces in a large skillet over medium high heat until cooked through (juices run clear and meat is no longer pink inside); set aside.
- Add vegetables to same skillet and saute until cooked and crisp but not soggy; set aside.
- Heat butter in a small saucepan over low heat.
- Add garlic, thyme, wine, pepper flakes and lemon juice.
- Saute for a few minutes over medium heat, making sure that you cook to reduce the acidity of the lemon juice (otherwise, when you add the cream, it will curdle). Stir in the water, then combine the sauce mix with a little cream and stir together until mixture is not lumpy; add mixture to skillet, then add the remaining cream and stir all together until slightly thickened. Set aside.
- Combine cooked pasta, chicken and vegetables in a large skillet over medium heat and heat through.
- Add sauce, stir all together and cook until heated through and thickened.
- Serve hot.

Nutrition Facts



PROTEIN 24.6% **FAT 31.84%** **CARBS 43.56%**

Properties

Glycemic Index:45.5, Glycemic Load:22.17, Inflammation Score:-10, Nutrition Score:29.853913027307%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 655kcal (32.75%), Fat: 20.92g (32.18%), Saturated Fat: 11.39g (71.16%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 57.56g (20.93%), Sugar: 4.82g (5.36%), Cholesterol: 121.24mg (40.41%), Sodium: 447.4mg (19.45%), Alcohol: 9.49g (100%), Alcohol %: 2.53% (100%), Protein: 36.37g (72.73%), Vitamin A: 6516.9IU (130.34%), Selenium: 73.78µg (105.4%), Vitamin B3: 14.41mg (72.06%), Vitamin B6: 1.11mg (55.5%), Manganese: 1.01mg (50.38%), Phosphorus: 450.59mg (45.06%), Fiber: 6.82g (27.28%), Potassium: 895.84mg (25.6%), Magnesium: 101.22mg (25.3%), Vitamin B5: 2.18mg (21.76%), Iron: 3.79mg (21.07%), Vitamin B2: 0.32mg (18.97%), Vitamin B1: 0.28mg (18.64%), Vitamin K: 19.14µg (18.23%), Vitamin C: 14.68mg (17.79%), Copper: 0.33mg (16.44%), Zinc: 2.24mg (14.91%), Folate: 53.11µg (13.28%), Calcium: 97.64mg (9.76%), Vitamin E: 0.89mg (5.91%), Vitamin B12: 0.29µg (4.77%), Vitamin D: 0.59µg (3.93%)