



Chicken Linguine

READY IN



45 min.

SERVINGS



8

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 skinned and boned chicken breast halves
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 cups chicken broth fat-free divided
- ☐ 0.7 cup flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 2 tablespoons butter light divided
- ☐ 8 ounces pasta uncooked
- ☐ 8 ounce cup heavy whipping cream sour reduced-fat

- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 small onion diced
- ☐ 0.5 cup parmesan cheese divided freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat. Set aside.
- ☐ Melt 1 tablespoon light butter in a large skillet over medium-high heat.
- ☐ Add chicken, and cook 2 minutes on each side or until lightly browned. Stir in sherry and 1/2 cup water. Cover, reduce heat to low, and simmer 20 minutes or until done.
- ☐ Drain and reserve liquid.
- ☐ Cut chicken into 1-inch pieces; set aside.
- ☐ Melt remaining 1 tablespoon light butter in skillet. Saut onion and mushrooms over medium-high heat 5 minutes or until tender.
- ☐ Stir together flour and 1/2 cup broth.
- ☐ Add reserved liquid, flour mixture, and remaining 1 1/2 cups broth to skillet. Cook, stirring often, over medium-high heat until thickened.
- ☐ Remove from heat. Stir in chicken, sour cream, Monterey Jack cheese, 1/4 cup Parmesan, and pepper.
- ☐ Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with remaining 1/4 cup Parmesan cheese and breadcrumbs.
- ☐ Bake at 350 for 30 minutes or until thoroughly heated.

Nutrition Facts



 **PROTEIN 26.74%**  **FAT 32.06%**  **CARBS 41.2%**

Properties

Glycemic Index:31.25, Glycemic Load:14.75, Inflammation Score:-5, Nutrition Score:16.961304462474%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 393.99kcal (19.7%), Fat: 13.54g (20.82%), Saturated Fat: 7.26g (45.4%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 37.2g (13.53%), Sugar: 2.5g (2.78%), Cholesterol: 67.85mg (22.62%), Sodium: 571.46mg (24.85%), Alcohol: 1.54g (100%), Alcohol %: 0.7% (100%), Protein: 25.4g (50.8%), Selenium: 50.34µg (71.91%), Vitamin B3: 8.84mg (44.22%), Phosphorus: 354.56mg (35.46%), Vitamin B6: 0.55mg (27.71%), Manganese: 0.47mg (23.64%), Vitamin B2: 0.4mg (23.31%), Calcium: 232.82mg (23.28%), Vitamin B1: 0.26mg (17.07%), Vitamin B5: 1.57mg (15.72%), Potassium: 514.48mg (14.7%), Zinc: 1.94mg (12.93%), Copper: 0.25mg (12.5%), Magnesium: 49.79mg (12.45%), Folate: 46.95µg (11.74%), Iron: 1.87mg (10.37%), Vitamin B12: 0.59µg (9.79%), Fiber: 1.96g (7.82%), Vitamin A: 333.29IU (6.67%), Vitamin C: 2.18mg (2.64%), Vitamin E: 0.37mg (2.43%), Vitamin D: 0.32µg (2.14%), Vitamin K: 1.69µg (1.61%)