



Chicken Parmesan with Linguine and Broccoli

READY IN



38 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 16 ounce broccoli cuts frozen thawed
- ☐ 15 ounce tomato sauce canned
- ☐ 2 tablespoons milk fat-free
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 3 cloves garlic minced
- ☐ 0.3 pound pasta uncooked
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped

- ☐ 0.5 cup reduced fat topping parmesan style grated kraft
- ☐ 1 cup milk mozzarella cheese shredded 2% kraft
- ☐ 16 ounce chicken breast halves boneless skinless

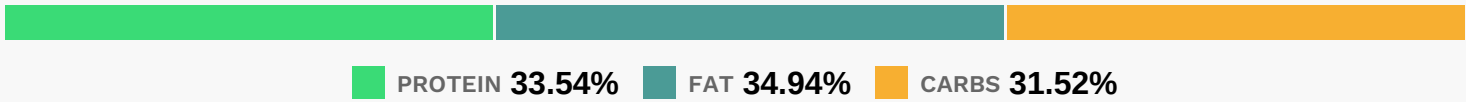
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Dip chicken in milk then in grated topping, turning to evenly coat both sides of each breast.
- ☐ Heat oil in large nonstick skillet on medium heat.
- ☐ Add onions and garlic; cook and stir 3 min.
- ☐ Add chicken; cook 3 min. on each side.
- ☐ Add tomato sauce, mushrooms and pepper; cover. Simmer 15 min. or until chicken is done (165 degrees F).
- ☐ Meanwhile, cook pasta in large saucepan as directed on package, adding broccoli to boiling water for the last 2 min.
- ☐ Sprinkle mozzarella over chicken; cook 2 to 3 min. or until mozzarella is melted.
- ☐ Drain pasta mixture.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:75.06, Glycemic Load:13.3, Inflammation Score:-9, Nutrition Score:41.553913147553%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

Nutrients (% of daily need)

Calories: 507.53kcal (25.38%), Fat: 20.11g (30.93%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 34.22g (12.44%), Sugar: 9.45g (10.5%), Cholesterol: 105.92mg (35.31%), Sodium: 1048.84mg (45.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.43g (86.87%), Vitamin C: 113.88mg (138.04%), Vitamin K: 124.53µg (118.6%), Selenium: 70.54µg (100.77%), Vitamin B3: 16.24mg (81.19%), Vitamin B6: 1.33mg (66.68%), Phosphorus: 654.11mg (65.41%), Vitamin B2: 0.72mg (42.37%), Potassium: 1439.17mg (41.12%), Manganese: 0.78mg (38.99%), Calcium: 383mg (38.3%), Vitamin B5: 3.72mg (37.23%), Vitamin A: 1483.14IU (29.66%), Folate: 108.98µg (27.25%), Fiber: 6.6g (26.38%), Copper: 0.52mg (26.22%), Magnesium: 104.36mg (26.09%), Vitamin E: 3.76mg (25.07%), Zinc: 3.46mg (23.08%), Vitamin B12: 1.21µg (20.23%), Vitamin B1: 0.28mg (18.91%), Iron: 3.32mg (18.42%), Vitamin D: 0.47µg (3.14%)