



 **23%**
HEALTH SCORE

Chicken Primavera

READY IN



25 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.3 cup chicken broth
- 0.8 cup chicken broth
- 4 servings linguine hot cooked
- 2 tablespoons flour all-purpose
- 2 cups mushrooms fresh sliced
- 2 cups mushrooms fresh sliced
- 1 cup peas frozen
- 0.1 teaspoon pepper

- 0.5 cup mozzarella cheese shredded
- 1 pound chicken breast boneless skinless

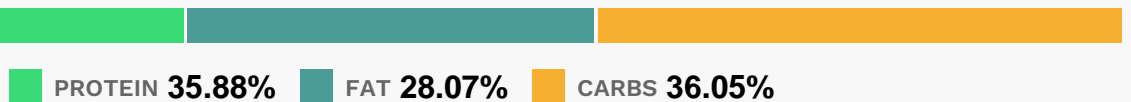
Equipment

- bowl
- microwave

Directions

- Cut chicken into 1/2-in. strips; place in a 2-qt. microwave-safe dish. Cover and microwave on high for 2 minutes. Turn chicken and move center pieces to the outside of dish. Cover and microwave on high 2 minutes longer.
- Drain; set aside and keep warm.
- In another microwave-safe bowl, cover and microwave butter on high for 30 seconds or until melted. Stir in flour until smooth. Gradually stir in the broth, wine and pepper; mix well.
- Add mushrooms and peas. Microwave, uncovered, on high for 3-5 minutes or until the vegetables are tender, stirring once. Stir in chicken; sprinkle with cheese. Microwave, uncovered, on high for 30-60 seconds or until the cheese is melted.
- Serve over linguine.

Nutrition Facts



Properties

Glycemic Index:85.21, Glycemic Load:16.24, Inflammation Score:-6, Nutrition Score:26.307826086957%

Nutrients (% of daily need)

Calories: 423.58kcal (21.18%), Fat: 13.17g (20.26%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 33.38g (12.14%), Sugar: 4.84g (5.38%), Cholesterol: 99.86mg (33.29%), Sodium: 489.84mg (21.3%), Protein: 37.87g (75.74%), Selenium: 72.27µg (103.24%), Vitamin B3: 16.76mg (83.79%), Vitamin B6: 1.06mg (52.97%), Phosphorus: 466.88mg (46.69%), Vitamin B2: 0.66mg (38.79%), Vitamin B5: 3.24mg (32.36%), Manganese: 0.55mg (27.46%), Potassium: 878.44mg (25.1%), Copper: 0.5mg (25.06%), Vitamin C: 17.88mg (21.67%), Vitamin B1: 0.31mg (20.68%), Fiber: 4.67g (18.69%), Magnesium: 69.85mg (17.46%), Zinc: 2.52mg (16.82%), Iron: 2.8mg (15.58%), Folate: 58.43µg (14.61%), Vitamin A: 582.42IU (11.65%), Vitamin B12: 0.61µg (10.13%), Calcium:

99.13mg (9.91%), Vitamin K: 10.14µg (9.66%), Vitamin E: 0.54mg (3.59%), Vitamin D: 0.36µg (2.41%)