



## Chicken with Lemon-Leek Linguine

READY IN



30 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 3 tablespoons butter divided
- 0.3 cup flour all-purpose
- 2 tablespoons flat-leaf parsley fresh chopped
- 3 garlic cloves thinly sliced
- 1 leek trimmed thinly sliced cut in half lengthwise, and (1 1/2 cups)
- 2 tablespoons juice of lemon fresh
- 6 ounces pasta uncooked
- 0.5 cup lower-sodium chicken broth fat-free

- 0.5 teaspoon salt divided
- 24 ounce chicken breast halves boneless skinless

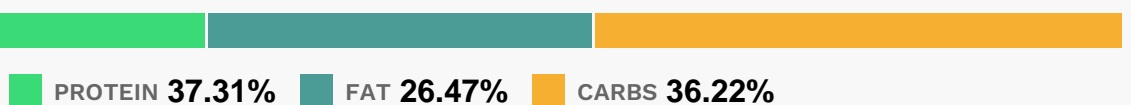
## Equipment

- frying pan
- plastic wrap
- meat tenderizer

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain; keep warm.
- Place chicken between 2 sheets of heavy-duty plastic wrap; pound to an even thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken with 1/4 teaspoon salt and pepper.
- Place flour in a shallow dish; dredge chicken in flour, shaking to remove excess.
- Heat 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- Add chicken; cook 3 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Melt 1 tablespoon butter in skillet over medium-high heat.
- Add garlic, leek, and remaining 1/4 teaspoon salt; saut 4 minutes.
- Add broth and juice; cook 2 minutes or until liquid is reduced by half.
- Remove from heat; stir in remaining 1 tablespoon butter.
- Add pasta to leek mixture; toss well to combine.
- Serve chicken over pasta mixture; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:73.25, Glycemic Load:18.21, Inflammation Score:-7, Nutrition Score:25.687825881917%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 476.88kcal (23.84%), Fat: 13.76g (21.16%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 40.21g (14.62%), Sugar: 2.26g (2.51%), Cholesterol: 131.44mg (43.81%), Sodium: 619.27mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.63g (87.26%), Selenium: 84.62µg (120.88%), Vitamin B3: 19.07mg (95.34%), Vitamin B6: 1.42mg (71.18%), Phosphorus: 461.72mg (46.17%), Vitamin K: 44.64µg (42.52%), Manganese: 0.63mg (31.71%), Vitamin B5: 2.72mg (27.17%), Potassium: 864.67mg (24.7%), Magnesium: 77.16mg (19.29%), Vitamin A: 854.15IU (17.08%), Vitamin B1: 0.23mg (15.37%), Vitamin B2: 0.25mg (14.72%), Vitamin C: 10.98mg (13.3%), Iron: 2.2mg (12.2%), Folate: 47.94µg (11.98%), Zinc: 1.73mg (11.54%), Copper: 0.22mg (10.98%), Fiber: 2.14g (8.56%), Vitamin B12: 0.36µg (5.97%), Vitamin E: 0.85mg (5.68%), Calcium: 42.27mg (4.23%), Vitamin D: 0.17µg (1.13%)