



# Creamy Chicken With Pasta and Broccoli

READY IN



35 min.

SERVINGS



12

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound broccoli florets
- 10.8 ounce cream of chicken soup canned
- 3 ounce cream cheese cubed softened
- 1 tablespoon butter
- 0.7 cup milk
- 0.5 cup onion chopped
- 0.8 cup parmesan cheese grated
- 1 pound chicken breast halves boneless skinless cut into strips
- 1 pound pasta like spaghetti uncooked

0.7 cup water

## Equipment

bowl

frying pan

whisk

pot

## Directions

Bring a large pot of lightly salted water to a boil.

Place spaghetti in the pot, and cook 4 minutes.

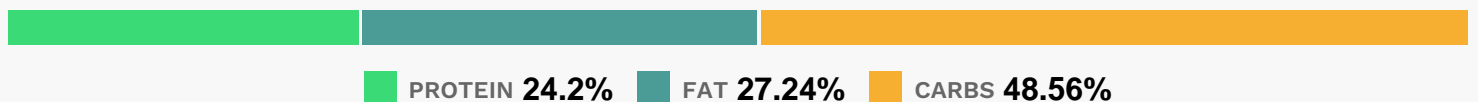
Mix in the broccoli florets. Continue cooking 4 to 6 minutes, until spaghetti is al dente.

Drain, and transfer to a large bowl.

Melt the margarine in a skillet over medium heat, and cook the chicken and onion 5 minutes, until chicken juices run clear and onions are tender.

In a bowl, whisk together the soup, milk, water, and cream cheese until smooth. Stir into the skillet with the chicken and onion, and bring to a boil. Reduce heat to low, and simmer 5 minutes, or until slightly thickened. Toss in the bowl with the spaghetti and broccoli to serve.

## Nutrition Facts



## Properties

Glycemic Index:17.42, Glycemic Load:13.1, Inflammation Score:-6, Nutrition Score:15.524782585061%

## Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

## Nutrients (% of daily need)

Calories: 289.34kcal (14.47%), Fat: 8.72g (13.42%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 32.68g (11.88%), Sugar: 2.99g (3.33%), Cholesterol: 40.45mg (13.48%), Sodium: 385.58mg (16.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.88%), Selenium: 40.5µg (57.86%), Vitamin C: 34.69mg (42.05%), Vitamin K: 40.03µg (38.13%), Vitamin B3: 4.96mg (24.8%), Phosphorus: 246.74mg (24.67%), Manganese: 0.46mg (23.21%), Vitamin B6: 0.43mg (21.42%), Potassium: 407.45mg (11.64%), Calcium: 112.22mg (11.22%), Magnesium: 44.1mg (11.03%), Vitamin B5: 1.09mg (10.87%), Vitamin B2: 0.18mg (10.31%), Vitamin A: 506.12IU (10.12%), Fiber: 2.31g (9.22%), Zinc: 1.36mg (9.03%), Copper: 0.18mg (8.95%), Folate: 34.93µg (8.73%), Vitamin B1: 0.1mg (6.83%), Iron: 1.23mg (6.81%), Vitamin E: 0.68mg (4.55%), Vitamin B12: 0.25µg (4.17%), Vitamin D: 0.22µg (1.45%)