



Dijon Chicken Fettuccine

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon bottled garlic minced
- 16 ounce broccoli flowerets fresh (4 cups)
- 10.1 ounce chicken breast shredded cooked (such as Tyson's roasted chicken)
- 1 tablespoon dijon mustard
- 9 ounce fettuccine barilla refrigerated uncooked
- 0.3 cup commercial honey dijon dressing fat-free (such as Hellman's)
- 1 teaspoon olive oil

0.3 cup red wine vinegar

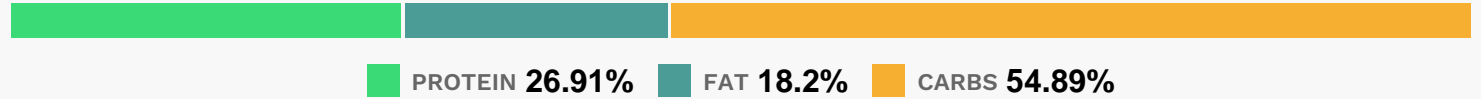
Equipment

bowl

Directions

- Cut pasta in half before cooking. Cook pasta according to package directions, omitting salt and fat.
- Add broccoli to pasta during last 3 minutes of cooking time.
- Drain well; place in a large bowl.
- While pasta cooks, combine dressing and next 4 ingredients; stir well.
- Pour dressing mixture over pasta mixture.
- Add chicken, and toss gently.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:10.34, Inflammation Score:-6, Nutrition Score:15.606956590777%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 230.4kcal (11.52%), Fat: 4.57g (7.03%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 28.38g (10.32%), Sugar: 3.67g (4.08%), Cholesterol: 53.66mg (17.89%), Sodium: 125.5mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.41%), Vitamin C: 50.82mg (61.59%), Vitamin K: 58.43µg (55.65%), Selenium: 36.09µg (51.56%), Manganese: 0.43mg (21.38%), Vitamin B3: 3.87mg (19.36%), Phosphorus: 186.75mg (18.67%), Vitamin B6: 0.32mg (16.21%), Folate: 46.92µg (11.73%), Fiber: 2.64g (10.54%), Potassium: 348.1mg (9.95%), Magnesium: 39.39mg (9.85%), Vitamin B5: 0.97mg (9.74%), Zinc: 1.41mg (9.41%), Vitamin B2: 0.15mg (8.81%), Iron: 1.54mg (8.53%), Vitamin B1: 0.12mg (8.1%), Vitamin A: 389.43IU (7.79%), Copper:

0.15mg (7.39%), Calcium: 45.15mg (4.52%), Vitamin E: 0.64mg (4.27%), Vitamin B12: 0.2µg (3.27%)