



Easy Chicken and Broccoli Alfredo

READY IN



22 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets fresh
- 4 ounces cream cheese cubed
- 0.5 teaspoon basil dried
- 8 ounces fettuccine barilla uncooked
- 0.3 cup salad dressing italian kraft
- 1.7 cups milk
- 0.3 cup parmesan cheese grated kraft
- 1 pound chicken breast boneless skinless cut into bite-sized pieces

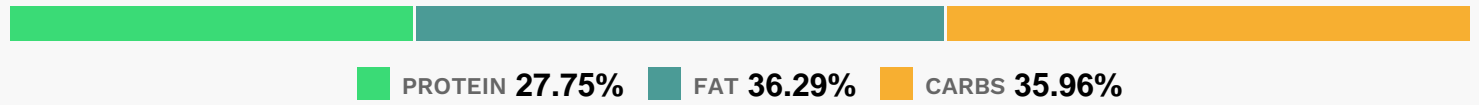
Equipment

frying pan

Directions

- Cook pasta as directed on package, adding broccoli to the boiling water for the last 2 min. of the pasta cooking time.
- Drain pasta mixture.
- Meanwhile, heat dressing in large nonstick skillet on medium-high heat.
- Add chicken; cook 5 min. or until chicken is cooked through, stirring occasionally. Stir in milk, cream cheese, Parmesan cheese and basil. Bring to boil, stirring constantly. Cook 1 to 2 min. or until sauce is well blended and heated through.
- Add chicken mixture to pasta mixture; mix lightly.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:19.77, Inflammation Score:-8, Nutrition Score:30.117826130079%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 584.55kcal (29.23%), Fat: 23.48g (36.13%), Saturated Fat: 10.39g (64.91%), Carbohydrates: 52.36g (17.45%), Net Carbohydrates: 49.25g (17.91%), Sugar: 9.39g (10.43%), Cholesterol: 166.47mg (55.49%), Sodium: 541.43mg (23.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.81%), Selenium: 88.96µg (127.08%), Vitamin B3: 13.47mg (67.36%), Phosphorus: 580mg (58%), Vitamin B6: 1.15mg (57.27%), Vitamin K: 58.29µg (55.52%), Vitamin C: 42.01mg (50.92%), Manganese: 0.63mg (31.33%), Vitamin B5: 2.96mg (29.56%), Potassium: 918.74mg (26.25%), Vitamin B2: 0.45mg (26.25%), Calcium: 259.41mg (25.94%), Magnesium: 90.49mg (22.62%), Vitamin A: 958.35IU (19.17%), Zinc: 2.78mg (18.54%), Vitamin B12: 1.09µg (18.12%), Vitamin B1: 0.27mg (17.96%), Folate: 52.96µg (13.24%), Fiber: 3.1g (12.4%), Copper: 0.24mg (11.77%), Iron: 2.04mg (11.33%), Vitamin E: 1.44mg (9.61%), Vitamin D: 1.43µg (9.55%)