



Garden Alfredo with Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces asparagus trimmed thin
- ☐ 0.5 teaspoon pepper black divided
- ☐ 2 tablespoons parsley fresh
- ☐ 2 teaspoons flour all-purpose
- ☐ 6 garlic clove thinly sliced
- ☐ 0.5 cup half and half
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 0.8 cup beef broth fat-free
- ☐ 2 teaspoons olive oil

- ☐ 2 ounces parmesan grated
- ☐ 6 ounces pappardelle uncooked
- ☐ 1 bell pepper red cut into thin strips
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 2 medium to 3 sized squashes yellow
- ☐ 2 medium zucchini

Equipment

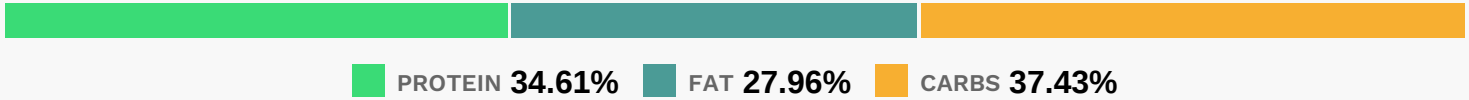
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat pan with cooking spray.
- ☐ Add chicken; cook 4 minutes on each side or until done.
- ☐ Remove from pan; let stand 5 minutes.
- ☐ Cut chicken across the grain into thin slices; keep warm. Reserve drippings in pan.
- ☐ While chicken cooks, cook pasta according to package directions.
- ☐ Drain; keep warm.
- ☐ Cut each zucchini and squash in half crosswise.
- ☐ Cut 1/2-inch slices from outer "walls" of zucchini and squash; discard cores. Slice pieces lengthwise into thin strips.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add oil; swirl.
- ☐ Add zucchini, squash, asparagus, and bell pepper; saut 3 minutes.
- ☐ Sprinkle with 3/8 teaspoon salt.
- ☐ Add garlic; saut 2 minutes.
- ☐ Remove pan from heat.

- ☐ Combine broth, half-and-half, and flour; stir with a whisk.
- ☐ Add broth mixture to reserved drippings in skillet. Bring to a boil; cook 2 minutes or until slightly thickened, stirring constantly.
- ☐ Remove from heat.
- ☐ Add cheese; stir until cheese melts.
- ☐ Add pasta, vegetables, and chicken; toss.
- ☐ Sprinkle with 1/4 teaspoon black pepper and parsley.

Nutrition Facts



Properties

Glycemic Index:87.75, Glycemic Load:15.45, Inflammation Score:-9, Nutrition Score:36.9899999936975%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 467.11kcal (23.36%), Fat: 14.64g (22.53%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 39.02g (14.19%), Sugar: 8.75g (9.72%), Cholesterol: 128.52mg (42.84%), Sodium: 845.55mg (36.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.78g (81.56%), Selenium: 76.18µg (108.83%), Vitamin C: 79.96mg (96.93%), Vitamin B6: 1.52mg (76.01%), Vitamin B3: 14.47mg (72.34%), Phosphorus: 577.89mg (57.79%), Vitamin K: 58.92µg (56.11%), Manganese: 0.94mg (46.8%), Vitamin A: 2039.8IU (40.8%), Potassium: 1346.81mg (38.48%), Vitamin B2: 0.58mg (33.9%), Vitamin B5: 2.74mg (27.41%), Calcium: 274.12mg (27.41%), Magnesium: 109.02mg (27.26%), Folate: 107.87µg (26.97%), Vitamin B1: 0.34mg (22.41%), Fiber: 5.08g (20.32%), Zinc: 2.93mg (19.53%), Iron: 3.24mg (17.98%), Copper: 0.36mg (17.98%), Vitamin E: 1.9mg (12.63%), Vitamin B12: 0.58µg (9.63%), Vitamin D: 0.31µg (2.08%)