



Garden Chicken Alfredo

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces artichoke hearts drained quartered
- ☐ 3 tablespoons cornstarch
- ☐ 2 cups skim milk fat-free
- ☐ 2 tablespoons parsley fresh
- ☐ 3 cloves garlic crushed
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 4 tablespoons olive oil divided

- ☐ 1 small onion diced
- ☐ 1 cup parmesan divided grated
- ☐ 2 large portabello mushrooms
- ☐ 1 bell pepper red sliced lengthwise
- ☐ 1 pound chicken breast boneless skinless
- ☐ 1 to 3 sized squashes yellow sliced lengthwise
- ☐ 1 zucchini sliced lengthwise
- ☐ 0.5 pound frangelico

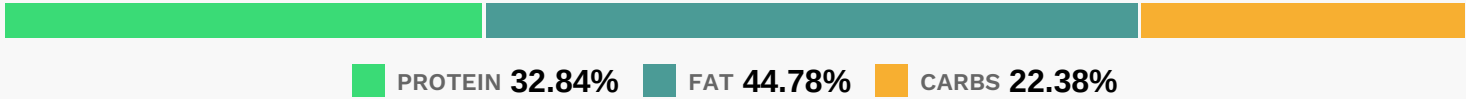
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ On a grill pan coated with cookingspray, grill chicken breasts,turning once, until cookedthrough, 12 minutes; chop andset aside. Recoat pan with sprayand grill zucchini, squash, pepperand portobellos, turning once,6 minutes; chop vegetables into1/4-inch pieces. Cook pasta asdirected; drain, return to pot andstir in 2 tablespoons olive oil. In a bowl,dissolve cornstarch in 1 tablespoonscold water. In a large skillet overmedium heat, cook remaining 2tablespoons olive oil, onion and garlic untilonion is soft, 3 to 5 minutes.
- ☐ Addhalf-and-half and broth; boil, thensimmer 5 minutes.
- ☐ Mix in 3/4 cup
- ☐ Parmesan and yogurt; simmer 3to 5 minutes more.
- ☐ Remove skilletfrom heat; slowly add cornstarchmixture until sauce is thick enough to coat the back of a spoon. Ona platter, combine pasta, sauce,chicken, vegetables, artichokes,remaining 1/4 cup Parmesan,parsley, and salt and pepper.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:22.883913066076%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 348.16kcal (17.41%), Fat: 17.35g (26.69%), Saturated Fat: 5.28g (33%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 17.29g (6.29%), Sugar: 8.47g (9.41%), Cholesterol: 64.48mg (21.49%), Sodium: 564.43mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.25%), Selenium: 37.62µg (53.74%), Vitamin B3: 10.4mg (52.01%), Vitamin C: 41.35mg (50.12%), Phosphorus: 494.87mg (49.49%), Vitamin B6: 0.9mg (45.11%), Calcium: 316.47mg (31.65%), Vitamin B2: 0.51mg (30.14%), Vitamin K: 31.51µg (30.01%), Potassium: 859.69mg (24.56%), Vitamin A: 1051.68IU (21.03%), Vitamin B5: 2.1mg (20.97%), Vitamin B12: 0.93µg (15.5%), Magnesium: 57.94mg (14.49%), Zinc: 2.11mg (14.09%), Vitamin E: 1.97mg (13.12%), Folate: 47.07µg (11.77%), Vitamin B1: 0.17mg (11.32%), Manganese: 0.22mg (10.93%), Copper: 0.19mg (9.58%), Fiber: 2.21g (8.85%), Iron: 1.12mg (6.23%), Vitamin D: 0.24µg (1.62%)