



Greek Yogurt Chicken Broccoli Alfredo

READY IN



30 min.

SERVINGS



4

CALORIES



554 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cups broccoli florets fresh
- 1 cup chicken broth progresso® (from 32-oz carton)
- 4 chicken breast boneless skinless cut in 2 thin pieces
- 8 oz weight cream cheese fat-free softened
- 8 oz fettuccine barilla uncooked
- 2 cloves garlic finely chopped
- 1 tablespoon olive oil
- 0.5 cup parmesan cheese grated
- 1 teaspoon pepper

- 6 oz greek yogurt plain
- 1 teaspoon salt

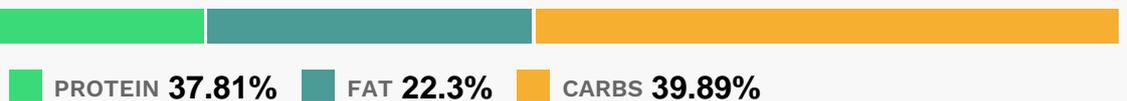
Equipment

- bowl
- frying pan
- whisk

Directions

- In 10- to 12-inch skillet, heat oil over medium heat.
- Sprinkle salt and pepper on both sides of each chicken cutlet; place chicken in skillet. Cook, turning once, until browned on each side and no longer pink in center.
- Meanwhile, cook fettuccine as directed on package. During last 6 to 8 minutes of cooking time, add broccoli florets to water. When pasta is done, broccoli will be crisp-tender.
- Drain pasta and broccoli; place in large bowl.
- Remove chicken from skillet when done. Cook garlic in skillet over low heat 2 to 3 minutes.
- Add broth; scrape up all bits from bottom of skillet. Reduce heat to low.
- Add cream cheese; beat with whisk until melted.
- Remove skillet from heat. Stir in yogurt and cheese until well combined.
- Pour sauce over fettuccine and broccoli in bowl; toss well.
- Serve chicken cutlets over fettuccine and broccoli.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:18.33, Inflammation Score:-8, Nutrition Score:38.753478288651%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin:

0.08mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 553.54kcal (27.68%), Fat: 13.65g (21%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 50.57g (18.39%), Sugar: 7.39g (8.21%), Cholesterol: 140.93mg (46.98%), Sodium: 1604.86mg (69.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.09g (104.18%), Selenium: 94.95µg (135.64%), Vitamin C: 83mg (100.6%), Vitamin K: 96.61µg (92.01%), Phosphorus: 873.06mg (87.31%), Vitamin B3: 13.93mg (69.66%), Vitamin B6: 1.21mg (60.69%), Calcium: 432.66mg (43.27%), Manganese: 0.83mg (41.71%), Vitamin B2: 0.62mg (36.5%), Vitamin B5: 3.33mg (33.28%), Potassium: 1107.98mg (31.66%), Magnesium: 104.73mg (26.18%), Folate: 101.99µg (25.5%), Zinc: 3.8mg (25.33%), Vitamin B12: 1.41µg (23.45%), Vitamin B1: 0.28mg (18.97%), Fiber: 4.4g (17.58%), Vitamin A: 779.9IU (15.6%), Copper: 0.3mg (14.83%), Iron: 2.49mg (13.85%), Vitamin E: 1.75mg (11.65%), Vitamin D: 0.35µg (2.3%)