



Lemon-Chicken Rigatoni with Broccoli

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 2 cloves garlic finely chopped
- 6 oz rigatoni uncooked
- 2 cups chicken broth (from 32-oz carton)
- 2 cups broccoli frozen
- 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)
- 1.5 teaspoons lemon zest grated
- 0.3 cup parmesan shredded

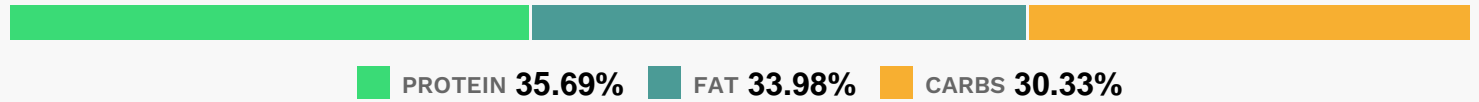
Equipment

frying pan

Directions

- In 12-inch skillet, melt butter over medium heat.
- Add garlic; cook about 1 minute, stirring occasionally, until softened.
- Stir in uncooked pasta and broth.
- Heat to boiling, stirring occasionally; reduce heat to medium-low. Cover; simmer 11 minutes. Stir well.
- Spread broccoli and chicken over pasta. Cover; cook 12 to 14 minutes longer or until pasta is tender.
- Stir in lemon peel. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:13.53, Inflammation Score:-6, Nutrition Score:13.165652159116%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 474.85kcal (23.74%), Fat: 17.98g (27.65%), Saturated Fat: 4.95g (30.92%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 33.48g (12.17%), Sugar: 2.51g (2.78%), Cholesterol: 120.16mg (40.05%), Sodium: 1029.91mg (44.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.47g (84.95%), Vitamin C: 40.7mg (49.33%), Selenium: 30.07µg (42.96%), Vitamin K: 45.05µg (42.91%), Manganese: 0.56mg (28.14%), Phosphorus: 161.48mg (16.15%), Vitamin A: 576.18IU (11.52%), Calcium: 114.13mg (11.41%), Fiber: 2.62g (10.46%), Vitamin B2: 0.17mg (10.11%), Magnesium: 36.4mg (9.1%), Folate: 36.02µg (9.01%), Copper: 0.17mg (8.46%), Vitamin B6: 0.16mg (8.18%), Potassium: 270.92mg (7.74%), Zinc: 1.05mg (7.02%), Vitamin B1: 0.1mg (6.72%), Vitamin B3: 1.29mg (6.47%), Iron: 1.04mg (5.77%), Vitamin B5: 0.49mg (4.91%), Vitamin E: 0.67mg (4.47%), Vitamin B12: 0.11µg (1.76%)