



Lemon Chicken with Broccoli

READY IN



60 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces farfalle pasta uncooked (bow-tie)
- 0.3 cup round buttery crackers crushed
- 1 teaspoon lemon zest grated
- 1 pound chicken breast boneless skinless cut into 1/4-inch strips
- 2 cloves garlic finely chopped
- 2 cups broccoli frozen thawed drained (from 1-pound bag)
- 1 cup chicken broth
- 0.5 cup skim milk fat-free (skim)
- 2 tablespoons juice of lemon

- 0.1 teaspoon pepper
- 10.8 ounces cream of chicken soup reduced-fat canned

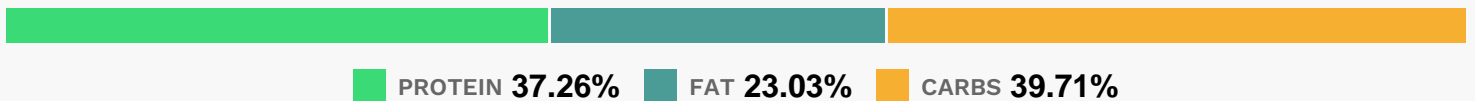
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray. Cook and drain pasta as directed on package.
- While pasta is cooking, mix crushed crackers and lemon peel in small bowl; set aside. Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook chicken and garlic in skillet 2 to 3 minutes, stirring frequently, until chicken is brown.
- Remove skillet from heat; stir in pasta and remaining ingredients. Spoon chicken mixture into baking dish.
- Sprinkle with crumb mixture.
- Cover and bake 25 minutes. Uncover and bake 10 to 15 minutes longer or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:8.05, Inflammation Score:-5, Nutrition Score:15.939565223196%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 236.43kcal (11.82%), Fat: 5.98g (9.2%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 21.7g (7.89%), Sugar: 2.83g (3.15%), Cholesterol: 53.84mg (17.95%), Sodium: 631.05mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.54%), Selenium: 38.67µg (55.24%), Vitamin B3: 8.84mg (44.19%), Vitamin C: 29.8mg (36.12%), Vitamin B6: 0.67mg (33.66%), Vitamin K: 33.51µg (31.91%), Phosphorus: 261.86mg (26.19%), Manganese: 0.34mg (16.78%), Vitamin B5: 1.52mg (15.24%), Potassium: 493.81mg (14.11%), Vitamin B2: 0.2mg (11.96%), Magnesium: 41.85mg (10.46%), Vitamin B1: 0.13mg (8.47%), Copper: 0.17mg (8.42%), Iron: 1.44mg (8.03%), Zinc: 1.12mg (7.48%), Folate: 29.21µg (7.3%), Vitamin A: 341.09IU (6.82%), Calcium: 63.75mg (6.38%), Fiber: 1.51g (6.03%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.28µg (4.62%), Vitamin D: 0.3µg (2%)