



Lemon Cream Pasta with Chicken

 Popular

READY IN



70 min.

SERVINGS



4

CALORIES



907 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 29 ounce chicken broth canned
- 2 teaspoons garlic powder divided
- 1 teaspoon ground pepper black divided
- 1 cup heavy cream
- 1 optional: lemon quartered
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon zest grated
- 8 ounce rotelle pasta

3 chicken breast halves boneless skinless

Equipment

sauce pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a lightly greased baking dish. Squeeze lemon over both sides of the chicken breasts and season both sides using 1 1/2 teaspoons garlic powder and 3/4 teaspoon pepper.

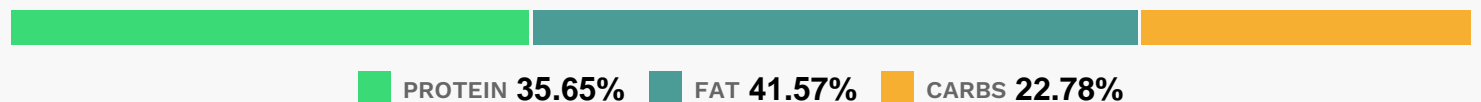
Bake for 40 minutes, or until juices run clear and chicken is no longer pink inside.

Meanwhile, in a large saucepan, season the chicken broth with the remaining 1/2 teaspoon garlic powder and 1/4 teaspoon pepper. Bring to a boil and add lemon juice and pasta. Cook over medium heat, stirring occasionally, until all liquid is absorbed, about 25 minutes.

Cut cooked chicken into bite-sized pieces and stir into cooked pasta, along with the cream and lemon zest. Cook, stirring, over low heat for 5 minutes.

Remove from heat and let stand 5 minutes. Stir thoroughly before serving.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:17.58, Inflammation Score:-8, Nutrition Score:28.703912755717%

Flavonoids

Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 907.15kcal (45.36%), Fat: 41.33g (63.58%), Saturated Fat: 18.97g (118.59%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 48.01g (17.46%), Sugar: 4.37g (4.86%), Cholesterol: 224.24mg (74.75%), Sodium: 1110.17mg (48.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.73g (159.47%), Selenium: 103.07µg (147.24%), Vitamin B3: 14.83mg (74.17%), Phosphorus: 646.71mg (64.67%), Vitamin B6: 1.18mg (59.12%), Zinc: 6.65mg (44.32%), Vitamin B12: 2.32µg (38.67%), Manganese: 0.62mg (31.08%), Vitamin C: 22.25mg (26.97%), Vitamin B2: 0.45mg (26.31%), Vitamin A: 1273.71IU (25.47%), Potassium: 889.31mg (25.41%), Magnesium: 100.46mg (25.12%), Iron: 4.09mg (22.74%), Vitamin B5: 1.69mg (16.95%), Copper: 0.32mg (16.18%), Fiber: 2.93g (11.72%), Vitamin E: 1.51mg (10.06%), Calcium: 96.19mg (9.62%), Vitamin B1: 0.14mg (9.27%), Vitamin D: 1.24µg (8.28%), Vitamin K: 7.68µg (7.32%), Folate: 26.96µg (6.74%)