



Linguine with Chicken and Vegetables in a Cream Sauce

READY IN



75 min.

SERVINGS



8

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup broccoli chopped
- 2 tablespoons butter
- 0.3 teaspoon cayenne pepper
- 1 tablespoon garlic powder to taste
- 0.1 teaspoon ground pepper black
- 1.5 cups heavy cream
- 0.1 teaspoon onion powder
- 1 cup parmesan cheese grated

- 16 ounce linguine pasta
- 0.3 teaspoon poultry seasoning
- 0.1 teaspoon pepper flakes red crushed
- 8 servings salt and pepper to taste
- 4 chicken breasts boneless skinless
- 0.5 cup white wine
- 1 zucchini cubed

Equipment

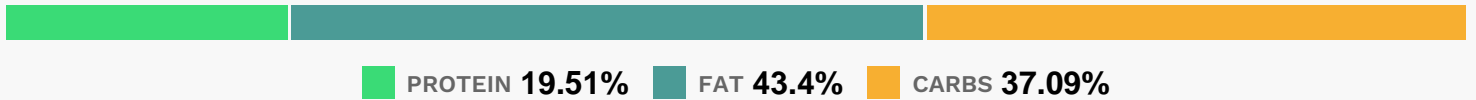
- frying pan
- pot
- kitchen thermometer
- colander

Directions

- Combine garlic powder, poultry seasoning, cayenne pepper, onion powder, and 1/8 teaspoon pepper in an empty salt shaker. Lightly sprinkle the seasoning mixture over the chicken breasts. Reserve the remaining seasoning mix.
- Melt the butter in a large skillet over medium-high heat.
- Place the chicken breasts in the skillet and cook, covered, for 5 minutes.
- Pour in the white wine and reduce heat to medium. Continue cooking until the chicken breasts are no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Place chicken on a plate and set aside.
- While the chicken is cooking, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- Drain well in a colander set in the sink.
- Bring a pot of lightly salted water to a boil.

- Add the broccoli, and cook for 1 minute, then drop in the zucchini. Cook uncovered until just tender, about 2 minutes more.
- Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the vegetables are cold, drain well, and set aside.
- Stir the mushrooms into the same skillet used to cook the chicken over medium-high heat. Cook and stir until the mushrooms are tender, 3 to 5 minutes. Reduce heat to medium.
- Pour the heavy cream into the skillet and bring to a simmer, scraping up any brown bits on the bottom of the skillet. Stir in the Parmesan cheese, red pepper flakes, and remaining seasoning mix.
- Add the cooked vegetables and linguine; toss. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:17.34, Inflammation Score:-7, Nutrition Score:18.410869328872%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 528.39kcal (26.42%), Fat: 24.92g (38.33%), Saturated Fat: 14.52g (90.74%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 45.42g (16.52%), Sugar: 3.81g (4.23%), Cholesterol: 104.99mg (35%), Sodium: 523.55mg (22.76%), Alcohol: 1.54g (100%), Alcohol %: 0.87% (100%), Protein: 25.19g (50.38%), Selenium: 60.26µg (86.09%), Phosphorus: 355.73mg (35.57%), Vitamin B3: 7.11mg (35.56%), Manganese: 0.64mg (32.21%), Vitamin B6: 0.62mg (30.8%), Vitamin A: 1023.15IU (20.46%), Vitamin C: 15.22mg (18.45%), Calcium: 167.95mg (16.8%), Magnesium: 61.67mg (15.42%), Vitamin B2: 0.26mg (15.26%), Potassium: 526.07mg (15.03%), Vitamin K: 15.03µg (14.32%), Vitamin B5: 1.34mg (13.36%), Zinc: 1.96mg (13.05%), Copper: 0.22mg (10.76%), Fiber: 2.48g (9.93%), Vitamin B1: 0.12mg (8.28%), Iron: 1.35mg (7.52%), Folate: 28.72µg (7.18%), Vitamin B12: 0.36µg (5.99%), Vitamin E: 0.88mg (5.86%), Vitamin D: 0.83µg (5.55%)