



Quick Chicken Scampi

READY IN



25 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz pasta uncooked
- 1.3 lb chicken breast boneless skinless cut into bite-size pieces
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons butter
- 2 tablespoons spring onion chopped
- 2 cloves garlic finely chopped
- 0.3 cup roasted peppers red drained finely chopped (from 7-oz jar)
- 0.5 lb asparagus fresh trimmed cut into 2-inch pieces thin

- 0.8 cup chicken broth (from 32-oz carton)
- 2 teaspoons lemon zest grated

Equipment

- frying pan

Directions

- Cook linguine as directed on package. Meanwhile, sprinkle chicken with salt and pepper. In 12-inch nonstick skillet, heat 1 tablespoon of the butter over medium-high heat until melted.
- Cook chicken in butter 5 to 7 minutes, stirring occasionally.
- Add onions, garlic, roasted peppers and asparagus; cook 2 to 3 minutes longer, stirring occasionally, until asparagus is crisp-tender and chicken is no longer pink in center. Stir in broth and remaining 1 tablespoon butter; cook until butter is melted.
- Drain linguine.
- Serve chicken mixture over linguine.
- Sprinkle lemon peel over each serving.

Nutrition Facts



■ PROTEIN 36.15%
 ■ FAT 21.53%
 ■ CARBS 42.32%

Properties

Glycemic Index:54.5, Glycemic Load:17.55, Inflammation Score:-7, Nutrition Score:24.819565438706%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 441.67kcal (22.08%), Fat: 10.41g (16.02%), Saturated Fat: 4.6g (28.72%), Carbohydrates: 46.03g (15.34%), Net Carbohydrates: 42.68g (15.52%), Sugar: 2.9g (3.22%), Cholesterol: 106.65mg (35.55%), Sodium: 788.74mg (34.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.32g (78.65%), Selenium: 83.01µg (118.59%), Vitamin B3: 16.48mg (82.41%), Vitamin B6: 1.23mg (61.6%), Phosphorus: 443.23mg (44.32%), Manganese: 0.71mg (35.58%), Vitamin K: 30.86µg (29.39%), Vitamin B5: 2.45mg (24.51%), Potassium: 805.44mg (23.01%), Magnesium:

77.73mg (19.43%), Vitamin B2: 0.29mg (17.16%), Copper: 0.34mg (16.85%), Vitamin B1: 0.24mg (16%), Iron: 2.67mg (14.83%), Vitamin A: 723.71IU (14.47%), Vitamin C: 11.27mg (13.66%), Fiber: 3.36g (13.43%), Zinc: 2.01mg (13.43%), Folate: 49.09 μ g (12.27%), Vitamin E: 1.17mg (7.83%), Vitamin B12: 0.3 μ g (5.07%), Calcium: 46.58mg (4.66%)