



Skinny Angel Chicken Pasta

READY IN



80 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz angel hair pasta uncooked (capellini)
- ☐ 4 cups broccoli florets frozen (from 24-oz bag)
- ☐ 0.5 cup chicken broth dry white reduced-sodium (from 32-oz carton)
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 8 oz mushrooms fresh sliced
- ☐ 1 teaspoon seasoning dried italian
- ☐ 4 oz cream cheese with chives and onion (from 8-oz container) reduced-fat

- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 6 chicken breast boneless skinless

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 325F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add mushrooms; cook 3 to 4 minutes, stirring occasionally, until tender. Reduce heat to medium low. Stir in wine and soup until blended and smooth.
- ☐ Add cream cheese; cook, stirring constantly, until cheese is melted and mixture is smooth. Stir in milk and mustard; cook just until thoroughly heated.
- ☐ Place chicken breasts in baking dish; sprinkle with Italian seasoning, pepper and salt.
- ☐ Pour sauce over chicken.
- ☐ Bake uncovered 35 to 45 minutes or until juice of chicken is clear when center of thickest part is cut (170F).
- ☐ Meanwhile, in 5- or 6-quart saucepan, heat 3 quarts water to boiling.
- ☐ Add pasta; stir in broccoli. Return to boiling. Cook 2 to 4 minutes or until pasta is tender; drain.
- ☐ Serve chicken and sauce with pasta mixture.

Nutrition Facts



 **PROTEIN 37.8%**  **FAT 21.58%**  **CARBS 40.62%**

Properties

Glycemic Index:34.71, Glycemic Load:13.1, Inflammation Score:-7, Nutrition Score:30.122173848359%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 398.11kcal (19.91%), Fat: 9.52g (14.65%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 36.8g (13.38%), Sugar: 6.01g (6.68%), Cholesterol: 86.29mg (28.76%), Sodium: 721.24mg (31.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.53g (75.06%), Selenium: 67.24µg (96.06%), Vitamin B3: 15.01mg (75.03%), Vitamin C: 56.28mg (68.22%), Vitamin K: 65.52µg (62.4%), Vitamin B6: 1.11mg (55.26%), Phosphorus: 476.89mg (47.69%), Manganese: 0.71mg (35.48%), Vitamin B5: 3.1mg (30.99%), Potassium: 1019.04mg (29.12%), Vitamin B2: 0.49mg (28.62%), Copper: 0.41mg (20.69%), Magnesium: 77.71mg (19.43%), Zinc: 2.53mg (16.84%), Folate: 64.87µg (16.22%), Vitamin B1: 0.22mg (14.97%), Fiber: 3.52g (14.09%), Calcium: 135.11mg (13.51%), Vitamin B12: 0.75µg (12.55%), Vitamin A: 607.24IU (12.14%), Iron: 2.14mg (11.91%), Vitamin E: 1.04mg (6.96%), Vitamin D: 0.69µg (4.63%)