



Spaghetti with Broccoli and Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce broccoli frozen chopped
- ☐ 3 cloves garlic
- ☐ 8 servings ground pepper black to taste
- ☐ 5 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 8 servings salt to taste
- ☐ 3 chicken breast halves boneless skinless
- ☐ 1 pound pasta like spaghetti

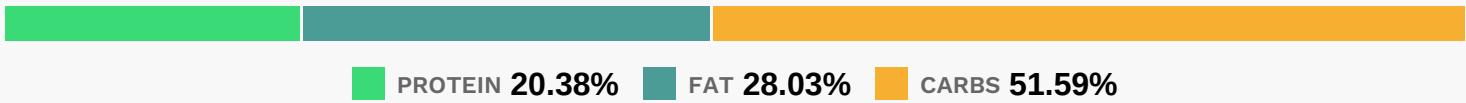
Equipment

- ☐ grill
- ☐ garlic press

Directions

- ☐ Sprinkle chicken breasts lightly with salt and pepper. Grill or broil until no longer pink. Cube cooked chicken.
- ☐ Prepare broccoli according to package directions, and drain well.
- ☐ Prepare spaghetti according to package directions.
- ☐ Drain well.
- ☐ Process garlic cloves with garlic press, and combine with olive oil. Toss pasta with chicken, broccoli, and garlic/oil combination. Season with salt and pepper to taste.
- ☐ Sprinkle with grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:17.87, Inflammation Score:-6, Nutrition Score:19.314782279989%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 362.48kcal (18.12%), Fat: 11.27g (17.34%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 43.36g (15.77%), Sugar: 2.49g (2.77%), Cholesterol: 28.21mg (9.4%), Sodium: 287.32mg (12.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.88%), Selenium: 51.41µg (73.45%), Vitamin C: 51.44mg (62.35%), Vitamin K: 63.45µg (60.42%), Manganese: 0.68mg (33.92%), Vitamin B3: 5.76mg (28.78%), Vitamin B6: 0.51mg (25.62%), Phosphorus: 243.37mg (24.34%), Magnesium: 53.87mg (13.47%), Potassium: 470.66mg (13.45%), Fiber: 3.34g (13.35%), Vitamin E: 1.85mg (12.36%), Folate: 47.75µg (11.94%), Vitamin B5: 1.19mg

(11.85%), Copper: 0.21mg (10.42%), Zinc: 1.35mg (8.98%), Vitamin B2: 0.15mg (8.73%), Vitamin B1: 0.12mg (8.07%), Iron: 1.39mg (7.74%), Vitamin A: 377.41IU (7.55%), Calcium: 54.41mg (5.44%), Vitamin B12: 0.1µg (1.69%)