



Swanson® Chicken Broccoli Dijon

READY IN



25 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli flowerets fresh frozen thawed
- ☐ 2 cups chicken stock see swanson®
- ☐ 4 cups extra wide egg noodles hot cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 3 tablespoons mustard dijon-style
- ☐ 4 chicken breast halves boneless skinless

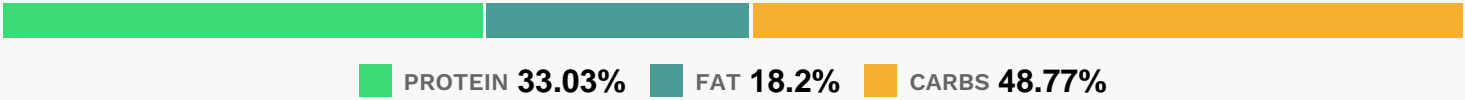
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Spray a 10-inch skillet with the cooking spray and heat over medium-high heat for 1 minute.
- ☐ Add the chicken and cook for 10 minutes or until it's well browned on both sides.
- ☐ Add the stock, garlic and broccoli to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
- ☐ Remove the chicken from the skillet and keep warm.
- ☐ Stir the flour, milk, mustard and black pepper in a small bowl until smooth. Gradually stir the flour mixture into the skillet. Increase the heat to medium-high. Cook and stir until the mixture boils and thickens.
- ☐ Serve with the chicken and noodles.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:24.78, Inflammation Score:-7, Nutrition Score:27.684782691624%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 463.93kcal (23.2%), Fat: 9.29g (14.29%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 52.15g (18.96%), Sugar: 4.95g (5.5%), Cholesterol: 125.98mg (41.99%), Sodium: 460.98mg (20.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.91g (75.83%), Selenium: 85.41µg (122.02%), Vitamin B3: 15.17mg (75.86%), Vitamin B6: 1.12mg (55.95%), Vitamin C: 41.36mg (50.13%), Phosphorus: 474.23mg (47.42%), Vitamin K: 45.86µg (43.68%), Manganese: 0.76mg (37.79%), Vitamin B5: 2.48mg (24.76%), Potassium: 822.6mg (23.5%), Vitamin B2: 0.39mg (22.85%), Magnesium: 88.39mg (22.1%), Vitamin B1: 0.3mg (19.76%), Folate:

64.59µg (16.15%), Zinc: 2.31mg (15.43%), Fiber: 3.82g (15.29%), Copper: 0.3mg (14.98%), Iron: 2.53mg (14.06%), Calcium: 98.17mg (9.82%), Vitamin B12: 0.53µg (8.91%), Vitamin A: 403.44IU (8.07%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.61µg (4.06%)