

# Lightened Chicken Broccoli Ziti with Italian White Wine

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-broccoli-ziti-recipe>

## Ingredients:

- 1 bunch broccoli chopped
- 1/2 teaspoon garlic powder
- 5 garlic cloves minced
- 3 tablespoons olive oil divided
- 3 chicken breast fillets sliced thin crosswise
- 1/4 cup white wine
- 1/4 cup Parmesan cheese plus extra for serving
- 1 tablespoon parsley or other fresh herb
- 12 ounces ziti or other short pasta such as penne
- salt
- pepper

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 36 grams
7. SaturatedFat: 3 grams
8. Sodium: 370 milligrams
9. Sugar: 4 grams

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