



Asparagus-Dijon Chicken Fettuccine

READY IN



30 min.

SERVINGS



5

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.5 cup onion chopped
- ☐ 4 oz mushroom stems and pieces drained canned
- ☐ 1 box fettuccine barilla
- ☐ 0.5 cup water hot
- ☐ 1.8 cups milk
- ☐ 2 tablespoons dijon mustard
- ☐ 9 oz asparagus frozen thawed drained

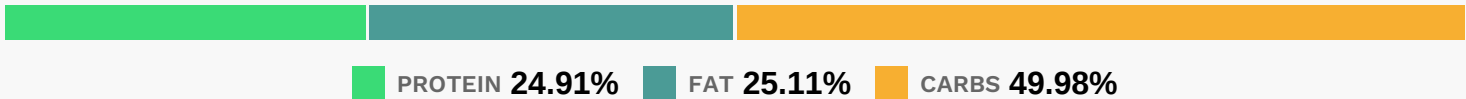
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, melt butter over high heat.
- ☐ Add chicken, onion and mushrooms; cook 3 to 5 minutes, stirring occasionally, until outside of chicken turns white.
- ☐ Stir in contents of sauce mix pouch (from Chicken Helper box), hot water, milk and mustard.
- ☐ Heat to boiling, stirring occasionally. Stir in contents of uncooked pasta pouch (from Chicken Helper box); reduce heat. Cover; simmer about 10 minutes, stirring frequently, until pasta is tender.
- ☐ Stir in asparagus. Cover; cook 2 minutes, stirring occasionally.
- ☐ Remove from heat. Uncover; let stand about 5 minutes or until sauce is as thick as you'd like (sauce will thicken as it stands). Stir before serving.

Nutrition Facts



Properties

Glycemic Index:34.6, Glycemic Load:29.07, Inflammation Score:-8, Nutrition Score:27.025217450183%

Flavonoids

Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg

Nutrients (% of daily need)

Calories: 593.62kcal (29.68%), Fat: 16.49g (25.36%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 73.83g (24.61%), Net Carbohydrates: 69.07g (25.12%), Sugar: 7.89g (8.76%), Cholesterol: 144.82mg (48.27%), Sodium: 379.71mg (16.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.6%), Selenium: 104.87µg (149.81%), Vitamin B3: 11.99mg (59.97%), Phosphorus: 533.25mg (53.32%), Vitamin B6: 1mg (49.83%), Manganese: 0.91mg (45.64%), Potassium: 964.98mg (27.57%), Vitamin B5: 2.62mg (26.17%), Magnesium: 98.15mg (24.54%), Vitamin B1: 0.35mg (23.43%), Vitamin B2: 0.37mg (21.94%), Vitamin K: 22.27µg (21.21%), Copper: 0.4mg (20.18%), Zinc: 2.95mg (19.65%), Fiber: 4.75g (19.01%), Vitamin A: 912.19IU (18.24%), Calcium: 182.39mg (18.24%), Iron: 3.27mg (18.15%),

Vitamin B12: 0.91µg (15.2%), Folate: 59.81µg (14.95%), Vitamin E: 1.41mg (9.4%), Vitamin D: 1.3µg (8.67%), Vitamin C: 5.17mg (6.27%)