

Black and Bleu Chicken Alfredo

READY IN



40 min.

SERVINGS



8

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce alfredo sauce
- ☐ 16 ounce angel hair pasta
- ☐ 8 ounce cheese dressing blue
- ☐ 3 chicken breast halves boneless skinless
- ☐ 8 servings steak seasoning to taste
- ☐ 2 tomatoes fresh diced

Equipment

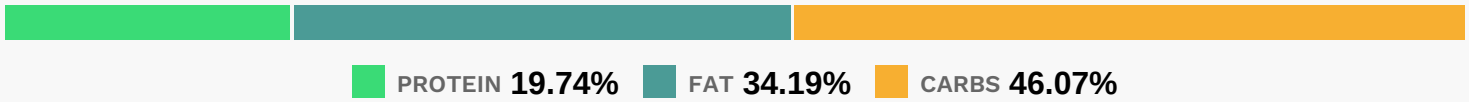
- ☐ bowl

- ☐ sauce pan
- ☐ pot
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for high heat. Lightly oil grill grate. Season chicken on both sides with steak seasoning. Grill 6 to 8 minutes on each side, until juices run clear. Cool and slice.
- ☐ In a saucepan over low heat, mix the Alfredo sauce, bleu cheese dressing, and tomatoes. Cook and stir until the sauce boils.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add angel hair pasta, cook 2 to 4 minutes, until al dente, and drain.
- ☐ Transfer to a large bowl, and toss with the grilled chicken and sauce to serve.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:17.33, Inflammation Score:-4, Nutrition Score:13.61173894224%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 425.97kcal (21.3%), Fat: 15.83g (24.35%), Saturated Fat: 7.01g (43.84%), Carbohydrates: 48.01g (16%), Net Carbohydrates: 45.6g (16.58%), Sugar: 4.32g (4.8%), Cholesterol: 73.9mg (24.63%), Sodium: 797.18mg (34.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.13%), Selenium: 49.99µg (71.42%), Manganese: 0.7mg (34.92%), Vitamin B3: 5.64mg (28.2%), Phosphorus: 230.48mg (23.05%), Vitamin B6: 0.45mg (22.73%), Vitamin K: 20.21µg (19.25%), Magnesium: 50.92mg (12.73%), Copper: 0.21mg (10.66%), Potassium: 371.2mg (10.61%), Iron: 1.82mg (10.14%), Fiber: 2.41g (9.64%), Vitamin B5: 0.88mg (8.76%), Zinc: 1.23mg (8.21%), Vitamin B2: 0.11mg (6.73%), Vitamin B1: 0.1mg (6.7%), Vitamin A: 322.35IU (6.45%), Calcium: 62.25mg (6.23%), Vitamin C: 5.05mg (6.12%), Folate: 20.12µg (5.03%), Vitamin E: 0.41mg (2.71%), Vitamin B12: 0.15µg (2.5%)