



Cajun Chicken Alfredo

READY IN



50 min.

SERVINGS



4

CALORIES



1158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup blackened seasoning recommended: Paul Prudhomme's Chicken
- ☐ 1 pound fettuccine barilla cooked
- ☐ 3 tablespoons garlic minced
- ☐ 3 cups heavy cream
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 cup parmesan grated
- ☐ 0.5 cup scallions sliced
- ☐ 1 teaspoon sea salt

- ☐ 20 ounce chicken breasts boneless skinless
- ☐ 1 cup marinated sun-dried tomatoes roughly chopped
- ☐ 0.3 cup white wine

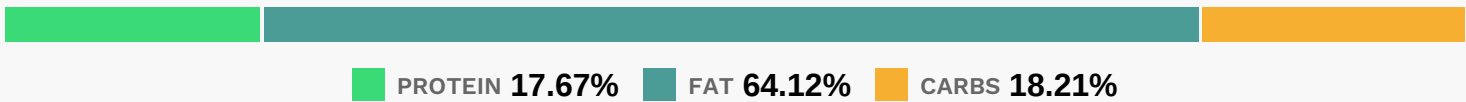
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Dredge the chicken breasts in the blackening spice and place in a cast iron skillet over very high heat. Blacken both sides of the chicken and place in the oven for 10 minutes, or until internal temperature of chicken reaches 165 degrees F on an instant-read thermometer. Slice in strips on the bias and set aside.
- ☐ In a saute pan over medium heat, add 2 tablespoons of extra-virgin olive oil.
- ☐ Add garlic and lightly caramelize. Then add the sun-dried tomatoes and the chicken slices. Deglaze the pan with the white wine.
- ☐ Add the heavy cream, increase the heat to a simmer, and reduce the cream sauce by half.
- ☐ When the cream sauce is to desired consistency, stir in 1/2 cup Parmesan, salt, pepper, and pasta.
- ☐ Nest the pasta on large rimmed plates, pour sauce over pasta, and garnish with scallions and the remaining 1/4 cup Parmesan.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:18.2, Inflammation Score:-9, Nutrition Score:39.725651948348%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 1157.81kcal (57.89%), Fat: 83.19g (127.98%), Saturated Fat: 46.51g (290.69%), Carbohydrates: 53.16g (17.72%), Net Carbohydrates: 47.84g (17.4%), Sugar: 16.65g (18.5%), Cholesterol: 338.06mg (112.69%), Sodium: 16890.23mg (734.36%), Alcohol: 1.54g (100%), Alcohol %: 0.34% (100%), Protein: 51.56g (103.13%), Selenium: 84.52µg (120.74%), Vitamin B3: 18.02mg (90.11%), Phosphorus: 732.7mg (73.27%), Vitamin B6: 1.38mg (68.78%), Vitamin A: 3204.98IU (64.1%), Manganese: 1.09mg (54.74%), Potassium: 1773.68mg (50.68%), Vitamin K: 49.21µg (46.87%), Vitamin B2: 0.72mg (42.15%), Calcium: 414.61mg (41.46%), Magnesium: 141.13mg (35.28%), Vitamin B5: 3.49mg (34.91%), Copper: 0.6mg (30.08%), Iron: 4.46mg (24.76%), Vitamin B1: 0.33mg (22.21%), Vitamin E: 3.23mg (21.57%), Vitamin C: 17.77mg (21.54%), Vitamin D: 3.2µg (21.37%), Zinc: 3.19mg (21.3%), Fiber: 5.32g (21.28%), Vitamin B12: 0.9µg (14.94%), Folate: 49.18µg (12.29%)