



 **62%**
HEALTH SCORE

Cajun Chicken Alfredo 2

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 teaspoon cayenne pepper
- 0.5 teaspoon chili powder
- 0.3 cup cooking wine dry white
- 1 pound fettuccine barilla
- 3 tablespoons garlic minced
- 1 tablespoon sea salt
- 2 teaspoons granulated onion

- 0.5 cup green onion thinly sliced for garnish
- 2 teaspoons ground cumin
- 3 cups heavy cream
- 1 teaspoon penzey's southwest seasoning italian
- 4 servings kosher salt
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 0.8 cup parmesan grated
- 1 tablespoon freshly cracked pepper black
- 0.5 tablespoon salt
- 1 teaspoon sea salt fine
- 5 pounds chicken breasts boneless skinless
- 1 cup marinated sun-dried tomatoes roughly chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- kitchen thermometer

Directions

- Preheat the oven to 350 degrees F. Bring a large pot of salted water to a boil.
- Heat a large cast-iron skillet over very high heat.
- Dredge the chicken breasts in the Blackening Spice Rub.
- Place in the cast-iron skillet. Blacken both sides of the chicken, 2 to 3 minutes per side.
- Transfer the chicken to a baking sheet and place in the oven until the internal temperature of the chicken reaches 165 degrees F on an instant-read thermometer, about 10 minutes.

- Remove from the oven and slice the chicken into strips on the bias.
- In a large skillet over medium heat, heat the olive oil.
- Add the garlic and lightly brown it, 2 to 3 minutes. Stir in the wine.
- Pour in the heavy cream, bring to a simmer and cook until the sauce is reduced by half.
- Add the sun-dried tomatoes and chicken slices.
- Meanwhile, cook the fettuccine al dente, according to the package directions.
- Drain.
- When the cream sauce is at the desired consistency, stir in 1/2 cup of the Parmesan, the sea salt, pepper and pasta.
- To serve, toss the pasta with the cream sauce and serve on large rimmed plates.
- Garnish with the green onions and the remaining 1/4 cup Parmesan.
- Combine the garlic, black pepper, salt cumin, onion, cayenne pepper, Italian seasoning, paprika and chili powder in a small bowl. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:38.87, Inflammation Score:-10, Nutrition Score:61.429999724678%

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: 1944.12kcal (97.21%), Fat: 97.39g (149.84%), Saturated Fat: 49.87g (311.68%), Carbohydrates: 110.12g (36.71%), Net Carbohydrates: 100.99g (36.72%), Sugar: 18.62g (20.69%), Cholesterol: 672.58mg (224.19%), Sodium: 2719.37mg (118.23%), Alcohol: 1.54g (100%), Alcohol %: 0.2% (100%), Protein: 153.73g (307.46%), Selenium: 283.75µg (405.35%), Vitamin B3: 64.53mg (322.65%), Vitamin B6: 4.84mg (241.8%), Phosphorus: 1836.2mg

(183.62%), Potassium: 3685.07mg (105.29%), Manganese: 2.08mg (103.9%), Vitamin B5: 10.35mg (103.49%), Vitamin A: 3936.9IU (78.74%), Magnesium: 305.95mg (76.49%), Vitamin B2: 1.25mg (73.32%), Vitamin K: 57.36µg (54.63%), Vitamin B1: 0.79mg (52.67%), Copper: 1mg (49.96%), Calcium: 494.68mg (49.47%), Iron: 8.85mg (49.15%), Zinc: 7.33mg (48.85%), Fiber: 9.13g (36.51%), Vitamin B12: 1.97µg (32.89%), Vitamin E: 4.82mg (32.11%), Vitamin C: 23.61mg (28.62%), Vitamin D: 3.86µg (25.71%), Folate: 95.1µg (23.77%)