



Cajun-Spiced Chicken Fettuccine

READY IN



45 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon cajun spice
- ☐ 8 cups fettuccine barilla hot cooked uncooked 1 pound pasta
- ☐ 8 ounce pre cremini mushrooms
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh divided coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup bell pepper green chopped

- ☐ 1 cup green onions divided thinly sliced
- ☐ 3 cups milk 2% low-fat
- ☐ 1 cup onion chopped
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds chicken breasts boneless skinless
- ☐ 1 tablespoon worcestershire sauce

Equipment

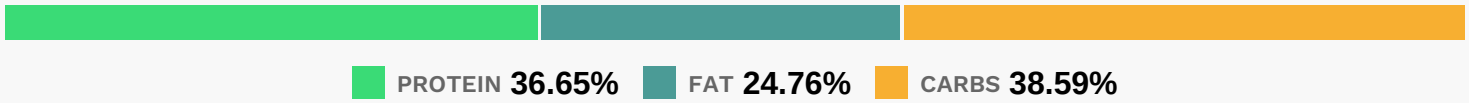
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken with Cajun seasoning. Coat pan with cooking spray.
- ☐ Add chicken to pan, and cook 7 minutes on each side or until done.
- ☐ Cut chicken into 1/4-inch-thick slices; set aside.
- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add bell pepper and next 4 ingredients (bell pepper through garlic); saut 7 minutes or until tender.
- ☐ Sprinkle with flour, and cook 1 minute, stirring constantly. Stir in the Worcestershire and mustard; gradually add milk, stirring with a whisk. Bring to a boil; reduce heat, and simmer 3 minutes or until slightly thick.
- ☐ Remove from heat; stir in 3/4 cup green onions, 6 tablespoons cheese, and 3 tablespoons parsley.
- ☐ Add chicken and pasta to sauce mixture; toss well to combine.

- ☐
- Spoon mixture into a 13 x 9–inch baking dish coated with cooking spray.
- ☐
- Sprinkle with remaining 1/4 cup green onions, 2 tablespoons cheese, and 1 tablespoon parsley.
Cover and bake at 350 for 20 minutes; uncover and bake an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:14.16, Inflammation Score:-8, Nutrition Score:27.45652163547%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 395.85kcal (19.79%), Fat: 10.81g (16.64%), Saturated Fat: 4.58g (28.64%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 35.25g (12.82%), Sugar: 7.22g (8.03%), Cholesterol: 119.21mg (39.74%), Sodium: 507.23mg (22.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.02%), Selenium: 73.29µg (104.7%), Vitamin B3: 13.8mg (69.02%), Vitamin K: 59.03µg (56.22%), Vitamin B6: 1.07mg (53.74%), Phosphorus: 513.54mg (51.35%), Vitamin C: 23.06mg (27.95%), Vitamin B5: 2.75mg (27.5%), Vitamin B2: 0.46mg (27.1%), Potassium: 869.53mg (24.84%), Manganese: 0.49mg (24.43%), Calcium: 242.52mg (24.25%), Magnesium: 76.9mg (19.23%), Vitamin A: 849.99IU (17%), Vitamin B12: 0.98µg (16.31%), Copper: 0.32mg (16.05%), Zinc: 2.39mg (15.93%), Vitamin B1: 0.23mg (15.56%), Fiber: 2.68g (10.7%), Iron: 1.91mg (10.59%), Folate: 41.58µg (10.4%), Vitamin D: 1.25µg (8.36%), Vitamin E: 0.75mg (4.97%)