

Chicken Alfredo

👤 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli fresh chopped
- ☐ 6 tablespoons butter
- ☐ 8 ounce cream cheese
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup milk
- ☐ 6 ounces fettuccine pasta dry
- ☐ 0.5 cup bell pepper red chopped
- ☐ 4 servings salt and pepper to taste

- ☐ 2 chicken breast halves boneless skinless cubed cooked
- ☐ 2 small zucchini julienned

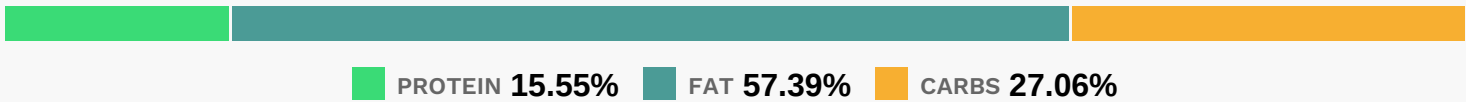
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.
- ☐ While pasta is cooking, melt cream cheese and butter in a skillet over low heat. Stir until smooth. Stir in milk, and season with garlic powder, salt, and pepper. Simmer for 3 minutes, or until thickened, stirring constantly.
- ☐ Mix in chicken, broccoli, zucchini, and red pepper. Cook 3 minutes over medium heat, then reduce heat, and simmer 5 minutes, or until vegetables are tender.
- ☐ Serve over fettuccine.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:15.16, Inflammation Score:-9, Nutrition Score:25.725217290547%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 620.57kcal (31.03%), Fat: 40.03g (61.58%), Saturated Fat: 23.36g (146.03%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 38.95g (14.16%), Sugar: 7.76g (8.62%), Cholesterol: 142.24mg (47.41%), Sodium: 606.75mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.81%), Vitamin C: 74.33mg (90.1%), Selenium: 51.95µg (74.21%), Vitamin K: 51.24µg (48.8%), Vitamin A: 2327.89IU (46.56%), Vitamin B6: 0.77mg (38.41%), Vitamin B3: 7.44mg (37.2%), Phosphorus: 353.39mg (35.34%), Manganese: 0.63mg (31.39%),

Vitamin B2: 0.38mg (22.64%), Potassium: 766.35mg (21.9%), Vitamin B5: 1.88mg (18.83%), Magnesium: 68.8mg (17.2%), Folate: 66.27µg (16.57%), Calcium: 141.15mg (14.11%), Fiber: 3.52g (14.08%), Vitamin E: 1.86mg (12.37%), Zinc: 1.78mg (11.88%), Vitamin B1: 0.18mg (11.67%), Copper: 0.21mg (10.34%), Iron: 1.47mg (8.17%), Vitamin B12: 0.44µg (7.3%), Vitamin D: 0.39µg (2.61%)