



Chicken Alfredo with Mushrooms and Asparagus

 Gluten Free  Dairy Free

READY IN



39 min.

SERVINGS



4

CALORIES



1037 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce alfredo sauce light prepared reduced-fat (from the refrigerator counter; use or , if you like)
- 9 ounce asparagus cuts frozen thaw (do not but do separate into individual pieces)
- 0.3 teaspoon pepper black freshly ground
- 10 ounce carved fully cooked
- 0.5 teaspoon marjoram dried crumbled
- 0.3 teaspoon thyme leaves dried crumbled
- 1 small garlic clove minced

- 0.3 cup white wine dry
- 2 tablespoons olive oil extra-virgin
- 4 cups converted rice white uncooked (no substitute)
- 2 quarts water
- 8 ounce mushrooms fresh white sliced
- 1 cup onion fresh yellow chopped (1 medium-large onion)

Equipment

- frying pan
- sauce pan
- sieve
- aluminum foil

Directions

- Heat oil in large, heavy skillet over moderate heat 2 minutes.
- Add mushrooms, onion, garlic, marjoram, thyme, and pepper and cook, stirring often, until the juice released from the mushrooms evaporates, about 5 minutes.
- Add chicken, alfredo sauce, and wine; adjust heat so mixture bubbles gently, then cook, stirring frequently and breaking up chicken, until steaming, about 3 minutes.
- Add asparagus, distributing evenly over surface of mixture, cover and cook just until crisp-tender, 2 to 3 minutes; no longer or asparagus will become mushy.
- Make a bed of rice on heated deep platter, spoon chicken mixture on top, and serve.
- Bring water to rapid boil in large (at least 4 1/2-quart), heavy saucepan over high heat.
- Add rice, stir well, and then return to rapid boil. Adjust heat so water stays at gentle but steady ripple and cook uncovered until all water is absorbed, about 20 minutes. Do not stir.
- Fluff rice gently with fork and cool 1 hour. Do not cover.
- Fluff rice gently again, then spoon lightly, do not pack, into plastic storage containers, snap on lids, label, and date. Set in refrigerator or freezer.
- To reheat refrigerated or frozen rice, pile rice in large fine sieve, fork lightly apart and balance sieve in top of large, heavy saucepan over 2-inches boiling water. Cover loosely with lid or foil

and steam until just heated through, 3 to 5 minutes, but times will vary according to amount of rice being reheated and whether it's refrigerated or frozen. Fluff with fork and serve.

Nutrition Facts

PROTEIN 16.36% FAT 20.33% CARBS 63.31%

Properties

Glycemic Index:57.3, Glycemic Load:90.77, Inflammation Score:-7, Nutrition Score:29.951304145481%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg

Nutrients (% of daily need)

Calories: 1036.81kcal (51.84%), Fat: 22.7g (34.92%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 159.07g (53.02%), Net Carbohydrates: 154g (56%), Sugar: 5.53g (6.14%), Cholesterol: 106.74mg (35.58%), Sodium: 568.5mg (24.72%), Alcohol: 1.54g (100%), Alcohol %: 0.2% (100%), Protein: 41.12g (82.23%), Manganese: 2.26mg (112.78%), Selenium: 54.57µg (77.95%), Vitamin B3: 15.42mg (77.11%), Phosphorus: 472.08mg (47.21%), Vitamin B6: 0.91mg (45.57%), Copper: 0.84mg (41.95%), Vitamin B5: 3.65mg (36.46%), Vitamin K: 32.73µg (31.17%), Vitamin B2: 0.5mg (29.63%), Zinc: 3.51mg (23.42%), Iron: 4.14mg (23.01%), Magnesium: 91.65mg (22.91%), Vitamin B1: 0.34mg (22.49%), Potassium: 777.83mg (22.22%), Fiber: 5.07g (20.27%), Folate: 68.44µg (17.11%), Vitamin E: 2.14mg (14.29%), Calcium: 107.6mg (10.76%), Vitamin A: 502.04IU (10.04%), Vitamin C: 7.99mg (9.69%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.18µg (1.23%)