



Chicken Alfredo with Zucchini Ribbons

👤 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 pieces chicken breast boneless skinless thinly sliced (1 pound total)
- ☐ 0.5 cup evaporated skim milk (not condensed milk)
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 1 cup milk 1% low-fat cold ()
- ☐ 3 tablespoons olive oil

- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 12 ounces soup noodles whole wheat
- ☐ 0.8 teaspoon salt
- ☐ 16 ounces zucchini

Equipment

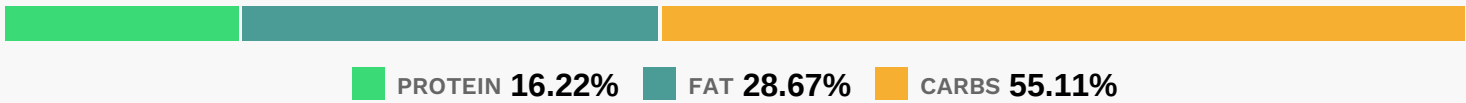
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ aluminum foil
- ☐ mandoline

Directions

- ☐ Slice the ends off the zucchini and discard. Using a mandoline or carefully with a sharp knife, slice the zucchini lengthwise into very thin slices. Stack the slices and cut lengthwise into 1/4-inch-wide ribbons.
- ☐ Heat 1 tablespoon of the oil in large nonstick skillet over medium heat.
- ☐ Add half the garlic and cook for 30 seconds.
- ☐ Add the zucchini ribbons, cover, stirring occasionally, and cook until the zucchini is just tender, about 3 minutes.
- ☐ Transfer to a bowl.
- ☐ Heat 1 tablespoon of the oil in the skillet over medium-high heat. Season the chicken with 1/4 teaspoon salt and the black pepper and cook until cooked through, 2 to 3 minutes per side.
- ☐ Transfer the chicken to a plate and tent with foil to keep warm.
- ☐ Cook the pasta al dente according to the directions on the package. Reserve 1/2 cup of the pasta water.
- ☐ Drain the pasta and return it to the pasta pot.
- ☐ Meanwhile, make the sauce.
- ☐ Combine the flour and low-fat milk, stirring until the flour is dissolved.

- ☐ Heat the remaining 1 tablespoon oil in the skillet over medium-high heat.
- ☐ Add the remaining garlic and cook for 30 seconds.
- ☐ Add the milk-flour mixture and cook, stirring constantly, until the mixture begins to boil. Reduce the heat to low and cook, stirring, for 2 minutes more.
- ☐ Add the evaporated skim milk, the remaining 1/2 teaspoon salt, and the cheese and cook, stirring, until the cheese is melted, about 1 minute.
- ☐ Add 1 cup of the sauce, the zucchini, and 3 tablespoons of the parsley to the pasta in the pot and toss to combine.
- ☐ Add a little of the reserved pasta water as necessary to loosen the sauce.
- ☐ To serve, place 2 cups of the pasta mixture on each plate. Top with a piece of chicken.
- ☐ Drizzle with the remaining sauce and garnish with the remaining parsley.
- ☐ SERVING SIZE 2 cups of pasta mixture and 1 piece of chicken breastPER SERVING Calories 660; Total Fat 2 g (Sat Fat 5 g; Mono Fat 9.2 g; Poly Fat 1.7 g); Protein 49 g; Carb 79 g; Fiber 11 g; Cholesterol 90 mg; Sodium 880 mgEXCELLENT SOURCE OF Calcium, Copper, Fiber, Folate, Iron, Magnesium, Manganese, Niacin, Phosphorus, Protein, Riboflavin, Selenium, Thiamin, Vitamin B6, Vitamin C, Vitamin K, ZincGOOD SOURCE OF Iodine, Vitamin A, Vitamin B12, Vitamin D
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Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:27.11, Inflammation Score:-8, Nutrition Score:25.498260995616%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 568.76kcal (28.44%), Fat: 18.11g (27.86%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 78.31g (26.1%), Net Carbohydrates: 74.22g (26.99%), Sugar: 11.75g (13.05%), Cholesterol: 21.18mg (7.06%), Sodium: 841.92mg (36.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.1%), Selenium: 63.76µg (91.08%), Vitamin K: 73.4µg (69.9%), Manganese: 1.06mg (53.07%), Phosphorus: 454.67mg (45.47%), Calcium: 378.04mg (37.8%), Vitamin C: 26.15mg (31.7%), Vitamin B2: 0.42mg (24.68%), Magnesium: 90.92mg (22.73%), Potassium: 754.53mg (21.56%), Vitamin B6: 0.4mg (20.22%), Zinc: 2.99mg (19.96%), Vitamin A: 947.72IU (18.95%), Copper: 0.33mg (16.71%), Fiber: 4.09g (16.37%), Folate: 56.95µg (14.24%), Vitamin B1: 0.2mg (13.49%), Vitamin E: 1.88mg (12.55%), Vitamin B3: 2.37mg (11.85%), Iron: 2.13mg (11.81%), Vitamin B5: 1.16mg (11.56%), Vitamin B12: 0.69µg (11.53%), Vitamin D: 1.38µg (9.23%)