



Chicken, Artichoke, and Mushroom Fettuccine

READY IN



20 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups rotisserie chicken breast skinless chopped
- ☐ 1 cup milk fat-free
- ☐ 9 ounce fettuccine barilla fresh
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons butter light
- ☐ 8 ounce pre mushrooms

☐ 0.1 teaspoon salt

Equipment

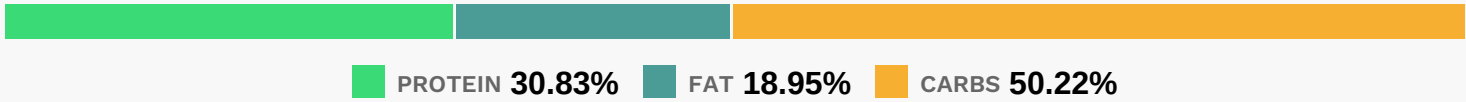
☐ frying pan

☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and keep warm.
- ☐ While pasta cooks, heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add mushrooms, and saut 5 minutes or until mushrooms are tender and liquid evaporates, stirring frequently.
- ☐ Remove from pan, and keep warm.
- ☐ Add butter to pan, and cook over medium heat 1 minute or until butter melts.
- ☐ Add flour, and stir with a whisk; cook 1 minute or until bubbly.
- ☐ Add milk, salt, and pepper; cook 3 minutes or until thick, stirring constantly.
- ☐ Add reserved mushrooms, chicken, and artichokes to pan, stirring gently. Cook 3 minutes or until thoroughly heated.
- ☐ Add lemon juice and, if desired, green onions. Toss chicken mixture with pasta.
- ☐ Sprinkle with Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:36.04, Glycemic Load:14.36, Inflammation Score:-4, Nutrition Score:14.426956614722%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 298.97kcal (14.95%), Fat: 6.28g (9.66%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 34.57g (12.57%), Sugar: 4.25g (4.72%), Cholesterol: 83.43mg (27.81%), Sodium: 481.16mg (20.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.97g (45.95%), Selenium: 53.53µg (76.48%), Vitamin B3: 7.05mg (35.23%), Phosphorus: 301.62mg (30.16%), Manganese: 0.41mg (20.47%), Vitamin B2: 0.32mg (18.65%), Vitamin B5: 1.79mg (17.86%), Vitamin B6: 0.31mg (15.5%), Copper: 0.27mg (13.53%), Potassium: 441.2mg (12.61%), Vitamin B1: 0.18mg (11.77%), Magnesium: 46.05mg (11.51%), Fiber: 2.87g (11.48%), Zinc: 1.65mg (10.97%), Vitamin B12: 0.51µg (8.53%), Calcium: 79.58mg (7.96%), Iron: 1.34mg (7.46%), Folate: 28.06µg (7.01%), Vitamin D: 0.7µg (4.66%), Vitamin A: 198.06IU (3.96%), Vitamin C: 2.73mg (3.31%), Vitamin E: 0.32mg (2.16%)