




 **26%**  
HEALTH SCORE

# Chicken Farfalle with Low-Fat Alfredo Sauce

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**674 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4 servings pepper black to taste
- 1.5 Tbs butter
- 1 pound chicken breast boneless
- 1 lb farfalle pasta
- 4 servings flour
- 1 tablespoon garlic powder
- 1 juice of lemon juiced
- 2 teaspoons parmesan
- 4 servings salt to taste

- 1.5 cups skim milk
- 0.3 cup wine

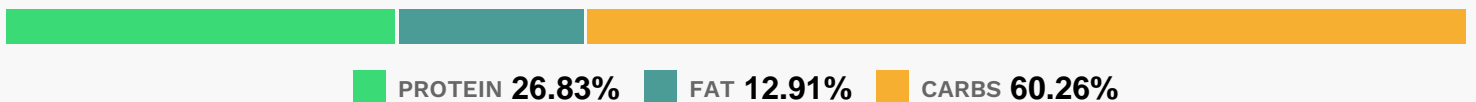
## Equipment

- frying pan
- sauce pan
- whisk

## Directions

- Cook chicken breasts (I sauteed mine with a little olive oil and salt and pepper) and set aside. Cook pasta while cooking the chicken and set aside.
- In a sauce pan, melt butter.
- Add flour and stir in with butter, cook for 1 minute.
- Whisk in milk, salt and pepper, garlic powder, lemon juice, and wine. Bring to a boil, constantly whisking. Reduce the heat and simmer for about 5 more minutes. Sauce should thicken.
- In a large saute pan, add pasta, chicken, and any other desired additions.
- Heat pan on medium heat.
- Add alfredo sauce and toss with pasta.
- Sprinkle with Parmesan cheese and additional salt and pepper (if needed) and serve!Notes: This recipe made more sauce than I really needed, but I liked having extra. This way, you can add as much sauce as you prefer!

## Nutrition Facts



## Properties

Glycemic Index:69.81, Glycemic Load:39.83, Inflammation Score:-7, Nutrition Score:25.78347826087%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.17mg,

Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Taste

Sweetness: 43.61%, Saltiness: 100%, Sourness: 47%, Bitterness: 41.36%, Savoriness: 96.51%, Fattiness: 74.01%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 673.58kcal (33.68%), Fat: 9.28g (14.28%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 97.47g (32.49%), Net Carbohydrates: 93.41g (33.97%), Sugar: 8.13g (9.03%), Cholesterol: 87.12mg (29.04%), Sodium: 414.5mg (18.02%), Alcohol: 2.06g (11.44%), Protein: 43.39g (86.79%), Selenium: 113.01µg (161.45%), Vitamin B3: 14.36mg (71.78%), Manganese: 1.17mg (58.4%), Phosphorus: 576.25mg (57.63%), Vitamin B6: 1.11mg (55.72%), Magnesium: 106.75mg (26.69%), Potassium: 882.8mg (25.22%), Vitamin B5: 2.51mg (25.09%), Vitamin B2: 0.35mg (20.56%), Vitamin B1: 0.3mg (19.8%), Copper: 0.39mg (19.26%), Zinc: 2.83mg (18.87%), Calcium: 163.47mg (16.35%), Fiber: 4.06g (16.24%), Iron: 2.43mg (13.51%), Vitamin B12: 0.77µg (12.91%), Folate: 43.36µg (10.84%), Vitamin D: 1.13µg (7.51%), Vitamin A: 359.42IU (7.19%), Vitamin C: 4.29mg (5.2%), Vitamin E: 0.5mg (3.3%)