



Chicken Fettuccine a la Carbonara

READY IN



30 min.

SERVINGS



6

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon coarsely chopped
- 1 tablespoon butter
- 1.5 cups water hot
- 2.5 cups milk
- 1 box fettuccine barilla
- 3 cups rotisserie chicken cut cubed (from)
- 1 cup peas sweet frozen

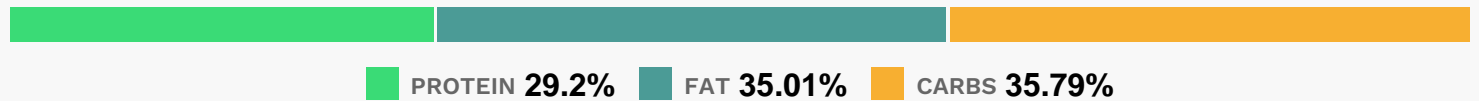
Equipment

- frying pan
- paper towels

Directions

- In 12-inch skillet, cook bacon until crisp; drain on paper towels. Reserve 1 tablespoon drippings in skillet.
- Add margarine to drippings in skillet; heat over medium-high heat until margarine is melted.
- Stir in hot water, milk, sauce mix and uncooked pasta (from Chicken Helper box).
- Heat to boiling, stirring occasionally.
- Reduce heat. Cover; simmer 6 minutes, stirring occasionally. Stir in chicken and frozen peas. Cover; simmer 4 to 6 minutes longer or until pasta is tender.
- Remove from heat; uncover, and stir in bacon (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:25.17, Inflammation Score:-5, Nutrition Score:17.896086703176%

Nutrients (% of daily need)

Calories: 694.75kcal (34.74%), Fat: 26.95g (41.47%), Saturated Fat: 8.67g (54.22%), Carbohydrates: 62g (20.67%), Net Carbohydrates: 58.15g (21.15%), Sugar: 7.69g (8.55%), Cholesterol: 203.28mg (67.76%), Sodium: 636.67mg (27.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.59g (101.19%), Selenium: 65.89µg (94.13%), Manganese: 0.75mg (37.34%), Phosphorus: 341.75mg (34.17%), Vitamin B1: 0.31mg (20.64%), Magnesium: 66.98mg (16.74%), Vitamin B6: 0.32mg (16.18%), Zinc: 2.42mg (16.15%), Calcium: 160.92mg (16.09%), Fiber: 3.85g (15.41%), Vitamin B3: 3.07mg (15.36%), Vitamin B2: 0.26mg (15.2%), Vitamin B12: 0.88µg (14.65%), Copper: 0.28mg (14.25%), Potassium: 439.01mg (12.54%), Vitamin B5: 1.21mg (12.12%), Vitamin C: 9.67mg (11.72%), Iron: 1.87mg (10.39%), Vitamin A: 487.68IU (9.75%), Vitamin D: 1.43µg (9.54%), Folate: 37.48µg (9.37%), Vitamin K: 6.67µg (6.36%), Vitamin E: 0.53mg (3.51%)