



Chicken Fettuccine a la Carbonara

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

PROTEIN 39.31% **FAT 52.29%** **CARBS 8.4%**

Properties

Glycemic Index:13.72, Glycemic Load:2.74, Inflammation Score:-3, Nutrition Score:7.4365217219228%

Nutrients (% of daily need)

Calories: 407.11kcal (20.36%), Fat: 23.65g (36.38%), Saturated Fat: 7.8g (48.73%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 7.17g (2.61%), Sugar: 6.28g (6.98%), Cholesterol: 140.41mg (46.8%), Sodium: 621.04mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40g (80.01%), Phosphorus: 161.24mg (16.12%), Calcium: 134.68mg (13.47%), Vitamin B1: 0.18mg (12.15%), Vitamin C: 9.67mg (11.73%), Vitamin B2: 0.19mg (11.24%), Vitamin B12: 0.66µg (11.03%), Selenium: 6.81µg (9.73%), Vitamin A: 441.41IU (8.83%), Vitamin B6: 0.16mg (8.11%), Vitamin D: 1.21µg (8.04%), Vitamin B3: 1.51mg (7.54%), Potassium: 256.32mg (7.32%), Zinc: 0.98mg (6.56%), Vitamin K: 6.3µg (6%), Magnesium: 23.51mg (5.88%), Fiber: 1.38g (5.51%), Vitamin B5: 0.53mg (5.3%), Manganese: 0.11mg (5.28%), Folate: 15.74µg (3.94%), Copper: 0.06mg (3.12%), Iron: 0.45mg (2.48%), Vitamin E: 0.25mg (1.66%)