



Chicken Fettuccini Alfredo

READY IN



60 min.

SERVINGS



8

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter divided
- ☐ 8 ounces colby-monterey jack cheese shredded
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cloves garlic divided minced
- ☐ 0.8 teaspoon ground pepper white
- ☐ 1 cup half-and-half
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 3 cups milk
- ☐ 8 ounce mushrooms sliced

- ☐ 1 onion diced
- ☐ 0.8 cup parmesan cheese grated
- ☐ 1 pound fettuccini pasta
- ☐ 3 roma tomatoes diced (plum)
- ☐ 1 tablespoon salt
- ☐ 6 chicken breast halves boneless skinless cut into cubes
- ☐ 0.5 cup cup heavy whipping cream sour

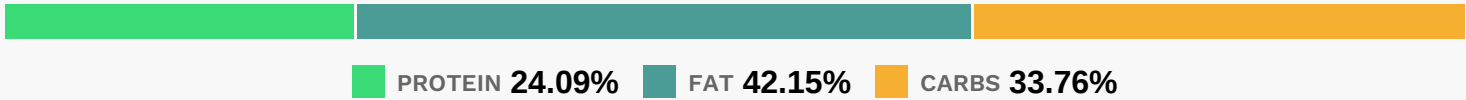
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet over medium heat combine chicken, 2 tablespoons butter, 2 cloves garlic, and Italian seasoning. Cook until chicken is no longer pink inside.
- ☐ Remove from skillet and set aside.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Meanwhile, melt 4 tablespoons butter in the skillet.
- ☐ Saute onion, 2 cloves garlic, and mushrooms until onions are transparent. Stir in flour, salt and pepper; cook 2 minutes. Slowly add milk and half-and-half, stirring until smooth and creamy. Stir in Parmesan and Colby-Monterey Jack cheeses; stir until cheese is melted. Stir in chicken mixture, tomatoes and sour cream.
- ☐ Serve over cooked fettuccini.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:22.45, Inflammation Score:-8, Nutrition Score:27.265217532282%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 689.78kcal (34.49%), Fat: 32.22g (49.57%), Saturated Fat: 18.23g (113.93%), Carbohydrates: 58.08g (19.36%), Net Carbohydrates: 54.98g (19.99%), Sugar: 9.62g (10.69%), Cholesterol: 140.25mg (46.75%), Sodium: 1436.78mg (62.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.44g (82.87%), Selenium: 78.41µg (112.01%), Phosphorus: 648.17mg (64.82%), Vitamin B3: 11.51mg (57.54%), Calcium: 493.31mg (49.33%), Vitamin B6: 0.91mg (45.73%), Vitamin B2: 0.63mg (36.9%), Manganese: 0.71mg (35.45%), Vitamin B5: 2.53mg (25.3%), Potassium: 863mg (24.66%), Vitamin A: 1136.51IU (22.73%), Zinc: 3.38mg (22.55%), Magnesium: 88.56mg (22.14%), Vitamin B12: 1.14µg (19.04%), Vitamin B1: 0.26mg (17.25%), Copper: 0.33mg (16.67%), Fiber: 3.1g (12.39%), Iron: 2.09mg (11.61%), Folate: 43.34µg (10.84%), Vitamin D: 1.36µg (9.1%), Vitamin C: 6.74mg (8.17%), Vitamin K: 8.53µg (8.12%), Vitamin E: 1.01mg (6.76%)