

Chicken Milano

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup chicken broth divided
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 cup heavy cream
- ☐ 8 ounces fettuccini pasta dry
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound chicken breast halves boneless skinless

- ☐ 0.5 cup sun-dried tomatoes chopped
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ spatula

Directions

- ☐ In a large saucepan over low heat, melt butter; add garlic and cook for 30 seconds.
- ☐ Add the tomatoes and 3/4 cup of the chicken broth; increase to medium heat and bring to a boil. Reduce heat and simmer, uncovered, for about 10 minutes or until the tomatoes are tender.
- ☐ Add the cream and bring to a boil; stirring. Simmer over medium heat until the sauce is thick enough to coat the back of a spoon.
- ☐ Sprinkle the chicken with salt and pepper on both sides. In a large skillet over medium heat, warm oil and saute chicken. Press on chicken occasionally with a slotted spatula. Cook for about 4 minutes per side or until the meat feels springy and is no longer pink inside.
- ☐ Transfer to a board; cover and keep warm. Discard the fat from the skillet.
- ☐ In the same skillet, over medium heat, bring 1/4 cup chicken broth to a boil; stirring the pan juices. Reduce slightly and add to the cream sauce; stir in basil and adjust seasonings to taste.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add fettuccine and cook for 8 to 10 minutes or until al dente; drain, transfer to a bowl and toss with 3 to 4 tablespoons of the sauce.
- ☐ Cut each chicken breast into 2 to 3 diagonal slices. Reheat the sauce gently if needed.
- ☐ Transfer the pasta to serving plates; top with chicken and coat with the cream sauce; serve.

Nutrition Facts



 PROTEIN **21.22%**  FAT **47.52%**  CARBS **31.26%**

Properties

Glycemic Index:55.5, Glycemic Load:18.96, Inflammation Score:-8, Nutrition Score:25.146521941475%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 668.6kcal (33.43%), Fat: 35.46g (54.55%), Saturated Fat: 17.39g (108.68%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 48.93g (17.79%), Sugar: 8.69g (9.66%), Cholesterol: 148.51mg (49.5%), Sodium: 600.27mg (26.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.26%), Selenium: 75.15µg (107.36%), Vitamin B3: 14.22mg (71.12%), Vitamin B6: 1.02mg (50.83%), Phosphorus: 434.8mg (43.48%), Manganese: 0.86mg (42.77%), Potassium: 1094.58mg (31.27%), Vitamin K: 25.03µg (23.83%), Vitamin A: 1170.37IU (23.41%), Vitamin B5: 2.32mg (23.19%), Magnesium: 92.05mg (23.01%), Vitamin B2: 0.36mg (21.46%), Copper: 0.41mg (20.68%), Vitamin B1: 0.22mg (14.93%), Iron: 2.57mg (14.27%), Fiber: 3.55g (14.21%), Zinc: 1.94mg (12.96%), Vitamin E: 1.5mg (9.98%), Vitamin C: 7.76mg (9.4%), Calcium: 79.77mg (7.98%), Vitamin D: 1.07µg (7.1%), Folate: 27.3µg (6.83%), Vitamin B12: 0.34µg (5.66%)