



Chicken Scaloppine With Linguine Alfredo

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken cutlets
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings pasta
- ☐ 2 tablespoons olive oil
- ☐ 4 servings parsley fresh
- ☐ 0.8 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 cup wine

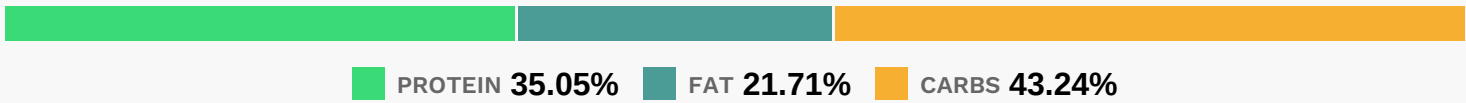
Equipment

☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a shallow dish; dredge chicken cutlets in flour mixture.
- ☐ Cook chicken in hot oil in a large skillet over medium-high heat 1 to 2 minutes on each side or until done.
- ☐ Remove from skillet, and keep warm.
- ☐ Add wine to skillet; cook 1 to 2 minutes or until liquid is reduced by half, stirring to loosen particles from bottom of skillet.
- ☐ Arrange cutlets on a serving platter, and drizzle with sauce.
- ☐ Garnish, if desired.
- ☐ Serve with Linguine Alfredo.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:25.76, Inflammation Score:-7, Nutrition Score:27.537826470707%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 572.01kcal (28.6%), Fat: 12.45g (19.15%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 55.79g (18.6%), Net Carbohydrates: 53.35g (19.4%), Sugar: 2.15g (2.39%), Cholesterol: 108.86mg (36.29%), Sodium: 787.81mg (34.25%),

Alcohol: 6.18g (100%), Alcohol %: 2.49% (100%), Protein: 45.23g (90.46%), Selenium: 95.2µg (136.01%), Vitamin B3: 19.74mg (98.69%), Vitamin B6: 1.4mg (69.76%), Vitamin K: 71.11µg (67.72%), Phosphorus: 493.63mg (49.36%), Manganese: 0.77mg (38.58%), Vitamin B5: 2.78mg (27.82%), Potassium: 840.89mg (24.03%), Magnesium: 86mg (21.5%), Vitamin B1: 0.29mg (19.25%), Vitamin B2: 0.29mg (17.32%), Iron: 2.57mg (14.29%), Zinc: 2.01mg (13.38%), Folate: 52.22µg (13.06%), Copper: 0.24mg (12.2%), Fiber: 2.44g (9.76%), Vitamin E: 1.44mg (9.57%), Vitamin C: 7.36mg (8.92%), Vitamin A: 390.04IU (7.8%), Vitamin B12: 0.34µg (5.67%), Calcium: 35.62mg (3.56%), Vitamin D: 0.17µg (1.13%)