

Chicken With Fettuccine Alfredo

READY IN



28 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter divided
- 0.3 cup flour
- 2 tablespoons garlic minced
- 1.5 cups cream light
- 1 tablespoon onion minced
- 0.3 cup parmesan
- 1 teaspoon parsley
- 8 ounces soup noodles
- 0.5 teaspoon pepper red

- 4 servings salt and pepper
- 4 chicken breast halves boneless skinless

Equipment

- frying pan

Directions

- Cook fettuccine according to package.
- Drain.2 While fettuccine is cooking, prepare chicken.3
- Heat 12-inch skillet; add 2 TBSP butter.4 Flatten chicken slightly.5 Salt and pepper chicken.6
- Roll in flour, add to skillet.7 Cook and brown until juices run clear, about 10 minutes.8
- Remove from skillet.9
- Add to skillet 2 TBS butter, onions, and garlic.10 Cook 1 minute.11
- Add cream, cook for 3 minutes until reduced a bit.12
- Add cheese, parsley, and red pepper flakes. Stir well.13
- Add last 1 TBSP butter and stir well.14 Bring back chicken and coat with sauce.15
- Place chicken on plates, put fettuccine in sauce and swirl around to coat well.16
- Add to plate with chicken.

Nutrition Facts



PROTEIN 18.76% **FAT 54.34%** **CARBS 26.9%**

Properties

Glycemic Index:70.75, Glycemic Load:21.82, Inflammation Score:-8, Nutrition Score:22.680000035659%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 786.97kcal (39.35%), Fat: 47.43g (72.97%), Saturated Fat: 28.17g (176.08%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 50.61g (18.4%), Sugar: 1.86g (2.06%), Cholesterol: 213.68mg (71.23%), Sodium: 576.44mg (25.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.83g (73.67%), Selenium: 77.3µg (110.43%), Vitamin B3: 13.33mg (66.67%), Vitamin B6: 1.02mg (50.97%), Phosphorus: 462.75mg (46.28%), Manganese: 0.67mg (33.36%), Vitamin A: 1504.58IU (30.09%), Vitamin B5: 2.2mg (21.98%), Vitamin B2: 0.33mg (19.52%), Potassium: 674.53mg (19.27%), Magnesium: 72.16mg (18.04%), Calcium: 167.56mg (16.76%), Vitamin B1: 0.22mg (14.62%), Zinc: 1.98mg (13.22%), Copper: 0.23mg (11.48%), Vitamin E: 1.59mg (10.6%), Iron: 1.72mg (9.55%), Fiber: 2.24g (8.96%), Folate: 34.27µg (8.57%), Vitamin B12: 0.51µg (8.5%), Vitamin K: 4.81µg (4.58%), Vitamin D: 0.68µg (4.55%), Vitamin C: 3.36mg (4.07%)