



## Chicken-Zucchini Alfredo

READY IN



30 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces fettuccine barilla whole wheat (preferably )
- 1 tablespoon flour all-purpose
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 4 servings kosher salt
- 1 cup milk 1% low-fat cold ( )
- 0.5 cup evaporated nonfat milk
- 3 tablespoons olive oil extra-virgin
- 0.8 cup parmesan cheese freshly grated

- 4 servings pepper freshly ground
- 16 ounce chicken breasts boneless skinless thin
- 2 zucchini thinly sliced into half-moons

## Equipment

- bowl
- frying pan
- whisk
- pot

## Directions

- Bring a large pot of salted water to a boil.
- Heat 1 tablespoon olive oil in a nonstick skillet over medium heat.
- Add 1 clove garlic and cook 30 seconds.
- Add the zucchini, cover and cook until tender, stirring, about 6 minutes.
- Transfer to a bowl.
- Heat another tablespoon oil in the skillet over medium-high heat. Season the chicken with 1/4 teaspoon each salt and pepper and cook through, 2 to 3 minutes per side.
- Transfer to a plate. Cook the pasta in the boiling water as the label directs.
- Drain, reserving 1/2 cup cooking water; return the pasta to the pot. Meanwhile, whisk the flour and low-fat milk in a bowl.
- Place the remaining 1 clove garlic and 1 tablespoon oil in the skillet and cook over medium-high heat, 30 seconds.
- Add the flour-milk mixture and bring to a boil, stirring. Reduce the heat to low and cook, stirring, 2 minutes.
- Add the evaporated milk, 1/2 teaspoon salt and the cheese; stir to melt, 1 minute.
- Cut the chicken into strips. Toss with the pasta, sauce, zucchini and parsley, adding the reserved pasta water to loosen.
- Photograph by Stephanie Foley

## Nutrition Facts

PROTEIN 26.96% FAT 30.68% CARBS 42.36%

## Properties

Glycemic Index:65.31, Glycemic Load:27.47, Inflammation Score:-8, Nutrition Score:34.232608546381%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 690.72kcal (34.54%), Fat: 23.42g (36.03%), Saturated Fat: 6.44g (40.28%), Carbohydrates: 72.78g (24.26%), Net Carbohydrates: 68.76g (25%), Sugar: 8.59g (9.54%), Cholesterol: 164.2mg (54.73%), Sodium: 717.35mg (31.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.31g (92.62%), Selenium: 112.77µg (161.1%), Vitamin B3: 14.34mg (71.72%), Phosphorus: 699.41mg (69.94%), Vitamin K: 73.26µg (69.77%), Vitamin B6: 1.28mg (64.21%), Manganese: 0.99mg (49.67%), Calcium: 340.47mg (34.05%), Potassium: 1092.6mg (31.22%), Vitamin B5: 3.01mg (30.08%), Vitamin C: 24.36mg (29.53%), Magnesium: 116.61mg (29.15%), Vitamin B2: 0.48mg (28.48%), Zinc: 3.88mg (25.87%), Vitamin B1: 0.34mg (22.54%), Vitamin B12: 1.26µg (21.07%), Vitamin A: 939.63IU (18.79%), Copper: 0.36mg (17.91%), Folate: 64.83µg (16.21%), Iron: 2.9mg (16.1%), Fiber: 4.02g (16.07%), Vitamin E: 2.3mg (15.32%), Vitamin D: 1.45µg (9.65%)