



Creamy Chicken on Linguine

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cube chicken bouillon crumbled
- ☐ 1 clove garlic minced
- ☐ 4 green onions sliced
- ☐ 1.3 cups heavy cream
- ☐ 0.8 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 1 cup parmesan cheese grated
- ☐ 16 ounce linguini pasta
- ☐ 6 chicken breast halves boneless skinless
- ☐ 0.5 cup water

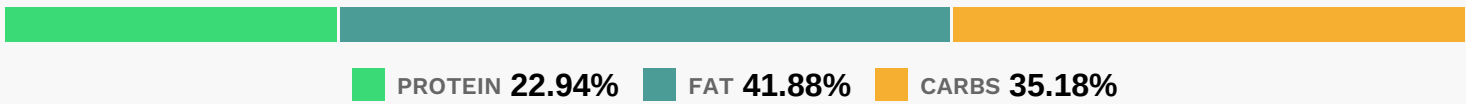
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large saute pan, heat oil, butter and garlic over medium heat.
- ☐ Add chicken and cook until juices run clear.
- ☐ Remove chicken from pan let cool and slice diagonally into long strips. Reserve oil in pan.
- ☐ Meanwhile, cook pasta according to directions on package.
- ☐ Drain.
- ☐ Reheat oil in pan, add onion and saute, stirring often, until onion is soft but still white.
- ☐ Add bullion cube and water; bring to a boil and simmer uncovered for approximately 10 minutes. Stir in cream, milk, green onions and Parmesan cheese.
- ☐ Place pasta in a bowl, layer chicken slices in a decorative pattern over pasta, pour sauce over top of chicken and around pasta.
- ☐ Garnish with parsley or any herbs you desire.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:17.84, Inflammation Score:-7, Nutrition Score:19.815652080204%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 548.3kcal (27.42%), Fat: 25.32g (38.96%), Saturated Fat: 13.6g (85.01%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 45.65g (16.6%), Sugar: 4.44g (4.93%), Cholesterol: 117.41mg (39.14%), Sodium: 364.55mg (15.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.41%), Selenium: 69.07µg (98.68%), Vitamin B3: 9.91mg (49.56%), Phosphorus: 416.68mg (41.67%), Vitamin B6: 0.78mg (38.87%), Manganese: 0.58mg (28.91%), Calcium: 188.79mg (18.88%), Vitamin A: 864.86IU (17.3%), Vitamin B5: 1.7mg (17%), Potassium: 571.66mg (16.33%), Magnesium: 64.7mg (16.17%), Vitamin B2: 0.27mg (16.09%), Vitamin K: 15.48µg (14.74%), Zinc: 2.07mg (13.81%), Copper: 0.21mg (10.5%), Vitamin B1: 0.14mg (9.3%), Fiber: 2.21g (8.85%), Vitamin B12: 0.53µg (8.79%), Iron: 1.28mg (7.1%), Vitamin E: 1.01mg (6.73%), Vitamin D: 0.99µg (6.63%), Folate: 22.4µg (5.6%), Vitamin C: 3.5mg (4.25%)