



Creamy Fettuccine Alfredo with Chicken and Bell Peppers

READY IN



27 min.

SERVINGS



4

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 3 tablespoons butter
- 12 ounces fettuccine dried
- 4 servings basil fresh
- 3 cloves garlic minced
- 1.3 cups heavy whipping cream
- 4 servings parmesan cheese grated
- 0.5 teaspoon salt

- 12 ounces chicken breast halves boneless skinless cut into bite-size pieces
- 2 large bell peppers red yellow cut into bit-size strips

Equipment

- frying pan
- pot
- stove
- slotted spoon

Directions

- Cook fettuccine according to package directions in a large pot.
- Drain and return to the pot; cover to keep warm.
- Melt butter over medium heat in a large skillet.
- Add chicken; cook for 3 to 4 minutes or until cooked through and no pink remains.
- Remove with slotted spoon.
- Add bell peppers to pan; cook for 5 minutes, stirring occasionally.
- Add garlic to pan; cook for 1 minute more.
- Add whipping cream, salt, and black pepper to pan; bring to a boil. Boil gently, uncovered, for 2 to 3 minutes or until mixture begins to thicken.
- Remove from heat; add the 2/3 cup Parmesan cheese and cooked chicken.
- Add cooked fettuccine to the pan; stir gently.
- Serve with additional Parmesan cheese and fresh basil.
- [Cleaning Tip: Once the stove top is cool, wipe off any oil splatters or spills with Clorox® Disinfecting Wipes*.]

Nutrition Facts

 **PROTEIN 18.57%**  **FAT 49.33%**  **CARBS 32.1%**

Properties

Glycemic Index:56.5, Glycemic Load:25.67, Inflammation Score:-9, Nutrition Score:32.894782563914%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 907.08kcal (45.35%), Fat: 49.97g (76.87%), Saturated Fat: 28.67g (179.2%), Carbohydrates: 73.17g (24.39%), Net Carbohydrates: 69.43g (25.25%), Sugar: 3.83g (4.25%), Cholesterol: 258.59mg (86.2%), Sodium: 1022.13mg (44.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.32g (84.65%), Vitamin C: 173.18mg (209.92%), Selenium: 107.68µg (153.83%), Phosphorus: 646.41mg (64.64%), Vitamin B3: 11.59mg (57.97%), Vitamin B6: 1.06mg (52.94%), Manganese: 0.94mg (47.21%), Vitamin A: 1985.5IU (39.71%), Calcium: 369.13mg (36.91%), Vitamin B2: 0.44mg (25.64%), Zinc: 3.82mg (25.43%), Magnesium: 100.47mg (25.12%), Potassium: 863.55mg (24.67%), Vitamin B5: 2.46mg (24.61%), Copper: 0.41mg (20.54%), Vitamin B1: 0.25mg (16.92%), Vitamin B12: 0.96µg (15.98%), Fiber: 3.74g (14.95%), Iron: 2.68mg (14.89%), Folate: 58.77µg (14.69%), Vitamin K: 12.66µg (12.06%), Vitamin D: 1.68µg (11.2%), Vitamin E: 1.58mg (10.5%)