



## Crispy Chicken and Fettuccine

READY IN



20 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 oz potato nuggets frozen southern-style
- 9 oz fettuccine barilla refrigerated
- 14.5 oz canned tomatoes diced italian with herbs, undrained canned
- 15 oz tomato sauce canned
- 2 tablespoons parsley fresh chopped
- 2 tablespoons parmesan shredded

### Equipment

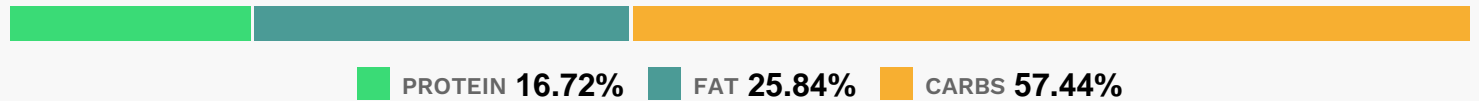
- sauce pan

- oven
- colander

## Directions

- Heat oven to 400°F.
- Bake chicken nuggets as directed on package.
- Meanwhile, cook and drain fettuccine as directed on package. Leave fettuccine in colander after draining. In same saucepan, heat tomatoes and tomato sauce over medium heat, stirring occasionally, until thoroughly heated.
- Add fettuccine, chicken and parsley to tomato sauce; toss to coat. (If desired, cut chicken nuggets in half.)
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:46.5, Glycemic Load:23.05, Inflammation Score:-7, Nutrition Score:24.043478069098%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 483.96kcal (24.2%), Fat: 14.73g (22.66%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 73.69g (24.56%), Net Carbohydrates: 61.59g (22.4%), Sugar: 12.73g (14.15%), Cholesterol: 55.28mg (18.43%), Sodium: 694.13mg (30.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.9%), Selenium: 52.08µg (74.4%), Iron: 12.22mg (67.88%), Fiber: 12.1g (48.39%), Manganese: 0.85mg (42.54%), Vitamin K: 41.58µg (39.6%), Potassium: 1232.37mg (35.21%), Copper: 0.5mg (25.18%), Vitamin C: 19.56mg (23.7%), Phosphorus: 233.82mg (23.38%), Vitamin E: 3.07mg (20.48%), Vitamin B6: 0.4mg (20.01%), Magnesium: 75.6mg (18.9%), Vitamin B3: 3.68mg (18.41%), Vitamin A: 908.83IU (18.18%), Vitamin B1: 0.21mg (14.25%), Zinc: 1.83mg (12.17%), Vitamin B5: 1.22mg (12.15%), Vitamin B2: 0.19mg (11.19%), Folate: 44.64µg (11.16%), Calcium: 108.76mg (10.88%), Vitamin B12: 0.22µg (3.58%), Vitamin D: 0.2µg (1.36%)