



Crispy Chicken and Fettuccine

READY IN



20 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

Equipment

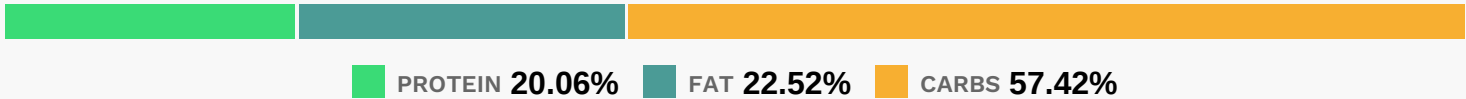
- ☐ sauce pan

- ☐ oven
- ☐ colander

Directions

- ☐ Heat oven to 400F.
- ☐ 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:-8, Nutrition Score:22.999130492625%

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: 401.63kcal (20.08%), Fat: 10.25g (15.77%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 58.8g (19.6%), Net Carbohydrates: 53.09g (19.3%), Sugar: 9.54g (10.6%), Cholesterol: 85.9mg (28.63%), Sodium: 722.71mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.54g (41.08%), Selenium: 57.96µg (82.8%), Manganese: 0.86mg (42.93%), Vitamin K: 42.2µg (40.19%), Vitamin B3: 6.46mg (32.29%), Phosphorus: 293.83mg (29.38%), Vitamin B6: 0.54mg (27.15%), Copper: 0.52mg (26.16%), Potassium: 863.03mg (24.66%), Vitamin C: 20.21mg (24.5%), Fiber: 5.72g (22.87%), Iron: 4.08mg (22.67%), Vitamin E: 3.19mg (21.3%), Magnesium: 83.76mg (20.94%), Vitamin A: 965.98IU (19.32%), Vitamin B1: 0.24mg (15.88%), Vitamin B5: 1.59mg (15.87%), Zinc: 2.36mg (15.74%), Vitamin B2: 0.24mg (14.07%), Folate: 47.09µg (11.77%), Calcium: 109mg (10.9%), Vitamin B12: 0.34µg (5.69%), Vitamin D: 0.29µg (1.9%)