



Crunchy Ranch Chicken Fettuccine

READY IN



25 min.

SERVINGS



6

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 2 cups milk
- 0.5 cup water hot
- 1 box fettuccine barilla
- 0.3 cup ranch dressing
- 0.3 cup cream sour
- 2.8 oz bread canned

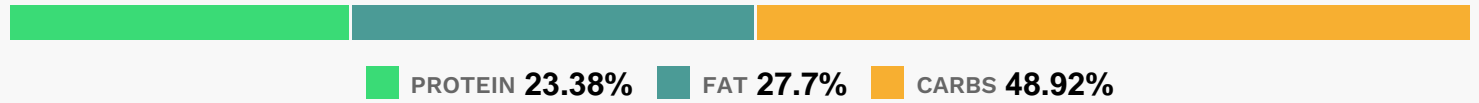
Equipment

frying pan

Directions

- In 10-inch skillet, melt butter over medium- high heat.
- Add chicken; cook about 3 minutes, stirring occasionally, until outside turns white.
- Stir in milk, hot water and sauce mix (from Chicken Helper box).
- Heat to boiling, stirring occasionally. Stir in uncooked pasta (from Chicken Helper box). Reduce heat; cover and simmer 9 to 11 minutes, stirring occasionally, until pasta is tender.
- Stir in dressing and sour cream; sprinkle with onions.
- Remove from heat.
- Let stand uncovered 5 minutes (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:29.17, Inflammation Score:-6, Nutrition Score:21.856087083402%

Nutrients (% of daily need)

Calories: 537.72kcal (26.89%), Fat: 16.4g (25.23%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 65.17g (21.72%), Net Carbohydrates: 62.41g (22.69%), Sugar: 6.73g (7.48%), Cholesterol: 129.4mg (43.13%), Sodium: 330.05mg (14.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.31%), Selenium: 89.33µg (127.61%), Vitamin B3: 10.2mg (50.99%), Phosphorus: 461.97mg (46.2%), Vitamin B6: 0.8mg (39.96%), Manganese: 0.73mg (36.52%), Vitamin B5: 2.22mg (22.23%), Vitamin B1: 0.32mg (21.27%), Vitamin B2: 0.34mg (19.85%), Magnesium: 78.87mg (19.72%), Potassium: 619.55mg (17.7%), Zinc: 2.4mg (16%), Calcium: 150.72mg (15.07%), Vitamin B12: 0.85µg (14.12%), Vitamin K: 14.41µg (13.72%), Copper: 0.27mg (13.54%), Iron: 2.26mg (12.55%), Fiber: 2.77g (11.06%), Folate: 42.04µg (10.51%), Vitamin D: 1.21µg (8.04%), Vitamin A: 347.91IU (6.96%), Vitamin E: 0.82mg (5.47%), Vitamin C: 1mg (1.21%)