



Easy Chicken Alfredo II

READY IN



30 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rotisserie chicken breast meat diced cooked
- 1 cup curd cottage cheese
- 2 tablespoons flour all-purpose
- 0.5 teaspoon garlic powder
- 1 cup milk
- 3 teaspoons onion minced
- 0.5 cup parmesan cheese grated
- 8 ounces fettuccini pasta dry
- 4 servings salt and pepper to taste

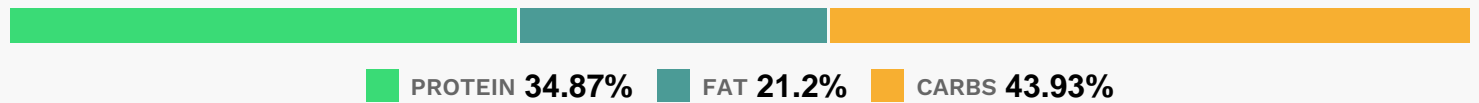
Equipment

- food processor
- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain, and set aside.
- In a food processor, place the milk, flour, cottage cheese, garlic powder, onion, salt and pepper, and Parmesan cheese. Blend until smooth.
- Transfer the blended mixture to a saucepan over medium heat.
- Mix in the chicken, and cook until heated through.
- Serve hot over pasta.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:20.69, Inflammation Score:-5, Nutrition Score:19.376956525704%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 482.02kcal (24.1%), Fat: 11.1g (17.09%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 49.81g (18.11%), Sugar: 5.94g (6.6%), Cholesterol: 86.62mg (28.87%), Sodium: 656.66mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.1g (82.2%), Selenium: 67.15µg (95.93%), Vitamin B3: 10.91mg (54.57%), Phosphorus: 497.13mg (49.71%), Vitamin B6: 0.58mg (29.08%), Manganese: 0.58mg (28.88%), Calcium: 252.84mg (25.28%), Vitamin B2: 0.35mg (20.36%), Zinc: 2.54mg (16.94%), Magnesium: 67.51mg (16.88%), Vitamin B12: 0.96µg (16.03%), Vitamin B5: 1.5mg (15.02%), Potassium: 485.46mg (13.87%), Vitamin B1: 0.18mg (12.23%), Copper: 0.23mg (11.36%), Iron: 1.76mg (9.77%), Fiber: 1.97g (7.9%), Folate: 27.38µg (6.84%), Vitamin A:

295.17IU (5.9%), Vitamin D: 0.86µg (5.71%), Vitamin E: 0.39mg (2.62%)