



Easy Chicken Fettuccine

READY IN



25 min.

SERVINGS



25

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup milk fat-free
- 8 oz fettuccine barilla
- 0.8 tsp garlic powder
- 0.3 tsp pepper
- 0.8 cup reduced fat topping parmesan style grated kraft
- 0.8 lb chicken breasts boneless skinless cut into chunks
- 0.3 cup vegetable oil spread

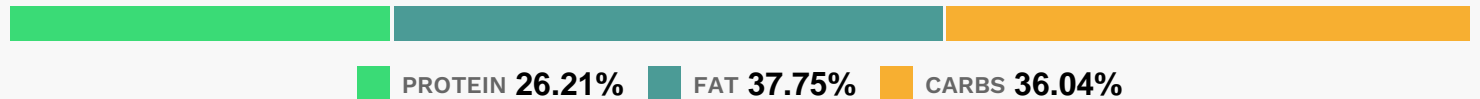
Equipment

frying pan

Directions

- Cook fettuccine as directed on package; drain. Meanwhile, cook chicken in skillet sprayed with cooking spray until cooked through.
- Add milk and vegetable oil spread to hot fettuccine; toss until coated.
- Stir in chicken, grated topping and seasonings; toss lightly.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:3.310434827986%

Nutrients (% of daily need)

Calories: 76.64kcal (3.83%), Fat: 3.19g (4.9%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.53g (2.38%), Sugar: 0.42g (0.47%), Cholesterol: 19.12mg (6.37%), Sodium: 87.04mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Selenium: 12.16µg (17.36%), Vitamin B3: 1.62mg (8.1%), Phosphorus: 78.49mg (7.85%), Vitamin B6: 0.13mg (6.38%), Calcium: 44.44mg (4.44%), Manganese: 0.09mg (4.29%), Vitamin B5: 0.31mg (3.07%), Magnesium: 10.7mg (2.68%), Zinc: 0.39mg (2.63%), Vitamin B2: 0.04mg (2.58%), Vitamin B12: 0.15µg (2.53%), Potassium: 86.75mg (2.48%), Vitamin A: 119.16IU (2.38%), Copper: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.89%), Iron: 0.26mg (1.43%), Fiber: 0.31g (1.25%)