



Easy Chicken Pasta Alfredo

READY IN



40 min.

SERVINGS



6

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter
- 0.5 pound mushrooms fresh sliced
- 3 tablespoons parsley fresh chopped
- 1 pinch garlic powder to taste
- 2 cups heavy whipping cream
- 0.3 cup parmesan cheese grated
- 16 ounce cheese tortellini refrigerated
- 1 teaspoon salt
- 4 chicken breast halves boneless skinless cubed

1 tablespoon vegetable oil

Equipment

frying pan

pot

Directions

Bring a large pot of lightly salted water to a boil.

Add tortellini. Cook, stirring occasionally, until tortellini float to the top and the filling is hot, about 5 minutes.

Drain.

Heat vegetable oil in a large skillet over medium heat; cook and stir chicken breast in hot oil until no longer pink in the center, about 10 minutes.

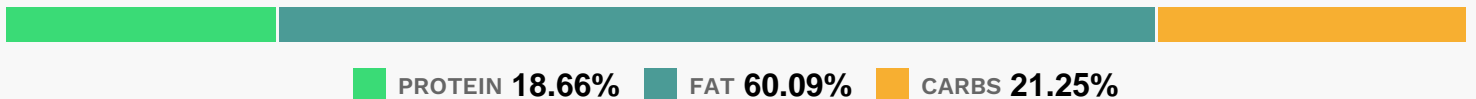
Remove from heat.

Melt butter in another skillet over medium heat; cook and stir mushrooms and garlic powder until mushrooms begin to soften, about 3 minutes. Stir heavy cream into mushrooms and bring to a boil. Reduce heat to medium-low and simmer until slightly thickened, about 3 minutes.

Add Parmesan cheese, parsley, and salt. Continue to cook until cheese is melted, about 1 minute.

Stir tortellini and chicken into mushroom-cream sauce. Simmer until heated through, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:15.26, Inflammation Score:-7, Nutrition Score:17.113043505213%

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: 693.43kcal (34.67%), Fat: 46.66g (71.78%), Saturated Fat: 25.62g (160.11%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 33.81g (12.29%), Sugar: 5.21g (5.79%), Cholesterol: 186.47mg (62.16%), Sodium: 969.74mg (42.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.6g (65.19%), Vitamin B3: 9.31mg (46.53%), Selenium: 32.02µg (45.75%), Vitamin K: 40.24µg (38.33%), Vitamin B6: 0.64mg (31.91%), Vitamin A: 1580.27IU (31.61%), Phosphorus: 274.85mg (27.49%), Vitamin B2: 0.4mg (23.53%), Calcium: 218.04mg (21.8%), Vitamin B5: 1.88mg (18.76%), Iron: 2.63mg (14.61%), Potassium: 497.56mg (14.22%), Fiber: 3.32g (13.27%), Vitamin D: 1.45µg (9.65%), Vitamin E: 1.27mg (8.45%), Magnesium: 31.65mg (7.91%), Copper: 0.15mg (7.74%), Zinc: 1.09mg (7.29%), Vitamin B1: 0.1mg (6.56%), Vitamin B12: 0.38µg (6.33%), Vitamin C: 4.83mg (5.86%), Folate: 16.2µg (4.05%), Manganese: 0.04mg (1.95%)