



## Easy Weeknight Creamy Chicken Alfredo

READY IN



20 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces fettuccine barilla uncooked
- 0.5 cup parmesan cheese grated
- 20 ounce chicken breasts boneless skinless cut into 3/4-inch pieces
- 0.3 cup whipping cream

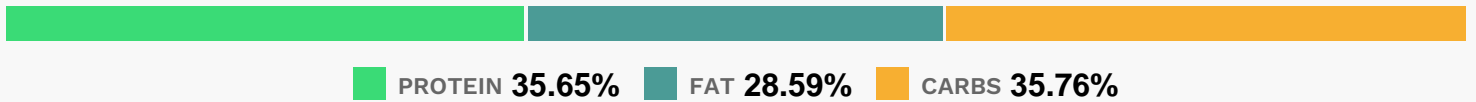
### Equipment

- frying pan

### Directions

- Cook and drain fettuccine as directed on package.
- In 12-inch skillet, heat 1 tablespoon vegetable oil over medium-high heat.
- Add chicken; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook 5 to 6 minutes, stirring frequently, until chicken is no longer pink in center.
- Add butter and garlic; cook until garlic is softened. Stir in cooking sauce, Parmesan cheese and cream. Simmer 5 to 8 minutes, stirring occasionally, until well blended.
- Serve over fettuccine.

## Nutrition Facts



### Properties

Glycemic Index:11, Glycemic Load:16.96, Inflammation Score:-5, Nutrition Score:22.030869805295%

### Nutrients (% of daily need)

Calories: 482.52kcal (24.13%), Fat: 15.06g (23.17%), Saturated Fat: 6.83g (42.7%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 40.51g (14.73%), Sugar: 1.51g (1.68%), Cholesterol: 166.03mg (55.34%), Sodium: 399.1mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.24g (84.49%), Selenium: 94.86µg (135.51%), Vitamin B3: 15.99mg (79.97%), Vitamin B6: 1.2mg (59.97%), Phosphorus: 522.19mg (52.22%), Vitamin B5: 2.62mg (26.16%), Manganese: 0.52mg (25.84%), Potassium: 699.94mg (20%), Magnesium: 75.16mg (18.79%), Zinc: 2.49mg (16.58%), Vitamin B2: 0.26mg (15.52%), Calcium: 147.25mg (14.72%), Vitamin B1: 0.19mg (12.9%), Copper: 0.21mg (10.67%), Vitamin B12: 0.64µg (10.67%), Iron: 1.67mg (9.29%), Vitamin A: 404.47IU (8.09%), Fiber: 1.87g (7.48%), Folate: 23.46µg (5.86%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.61µg (4.08%), Vitamin C: 1.79mg (2.17%), Vitamin K: 1.26µg (1.2%)