



Fettuccine Alfredo with Chicken

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups chicken broth fat-free reduced-sodium
- 0.5 lb fettuccine barilla uncooked
- 4 tsp flour
- 0.3 tsp garlic powder
- 4 oz philadelphia neufchatel cheese cubed ()
- 3 Tbsp parmesan cheese divided grated kraft
- 0.3 tsp pepper
- 1 lb chicken breasts boneless skinless cut into strips

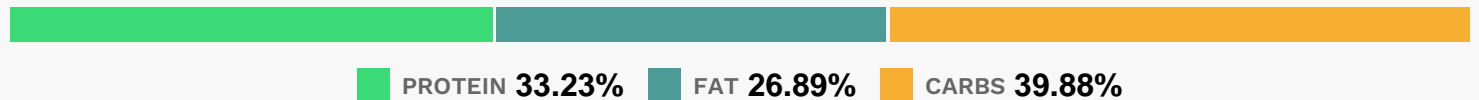
Equipment

- bowl
- frying pan
- whisk

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook chicken in large nonstick skillet on medium-high heat 5 to 7 min. or until done, stirring occasionally.
- Remove from skillet.
- Mix flour and broth in same skillet with whisk. Stir in Neufchatel, 2 Tbsp. Parmesan, garlic powder and pepper; cook 2 min. or until mixture boils and thickens, stirring constantly. Stir in chicken.
- Drain pasta; place in large bowl.
- Add chicken mixture; toss to coat.
- Sprinkle with remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:7.32, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:3.382608724677%

Nutrients (% of daily need)

Calories: 71.29kcal (3.56%), Fat: 2.1g (3.23%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.68g (2.43%), Sugar: 0.33g (0.37%), Cholesterol: 23.11mg (7.7%), Sodium: 95.05mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Selenium: 13.67µg (19.52%), Vitamin B3: 2.18mg (10.88%), Vitamin B6: 0.16mg (8.01%), Phosphorus: 71.78mg (7.18%), Manganese: 0.09mg (4.38%), Vitamin B5: 0.38mg (3.85%), Potassium: 101.65mg (2.9%), Magnesium: 10.88mg (2.72%), Zinc: 0.35mg (2.32%), Vitamin B2: 0.04mg (2.32%), Vitamin B1: 0.03mg (2.11%), Copper: 0.04mg (1.82%), Vitamin B12: 0.11µg (1.78%), Iron: 0.28mg (1.57%), Calcium: 15.31mg (1.53%), Fiber: 0.32g (1.26%), Folate: 4.74µg (1.19%), Vitamin A: 54.51IU (1.09%)