



## Fettuccine and Chicken in Orange-Cherry Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 6 ounces fettuccine barilla uncooked
- ☐ 0.5 pound chicken breast boneless for stir-fry
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups green beans whole frozen
- ☐ 1 cup orange juice
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon orange marmalade

- ☐ 0.3 cup cherries dried
- ☐ 0.3 cup walnut pieces chopped

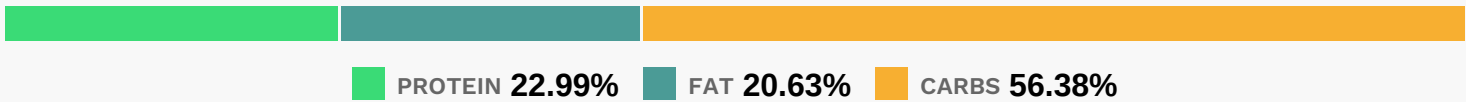
## Equipment

- ☐ frying pan

## Directions

- ☐ Cook and drain fettuccine as directed on package.
- ☐ While fettuccine is cooking, spray 12-inch nonstick skillet with cooking spray; heat over medium heat. Cook chicken and salt in skillet 2 to 3 minutes, stirring occasionally, until chicken is brown. Stir in frozen green beans. Cover and cook over medium heat 3 to 4 minutes, stirring occasionally, until beans are crisp-tender.
- ☐ Mix orange juice and cornstarch until smooth. Stir orange juice mixture, marmalade and cherries into chicken mixture.
- ☐ Heat to boiling, stirring constantly; reduce heat to medium. Cover and cook 2 to 3 minutes, stirring occasionally, until beans are tender and chicken is no longer pink in center.
- ☐ Add fettuccine to chicken mixture; toss.
- ☐ Sprinkle each serving with walnuts.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:16.92, Inflammation Score:-7, Nutrition Score:18.989130465881%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 360.45kcal (18.02%), Fat: 8.34g (12.83%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 51.3g (17.1%), Net Carbohydrates: 47.4g (17.24%), Sugar: 14.47g (16.07%), Cholesterol: 72.01mg (24%), Sodium: 227.48mg (9.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.83%), Selenium: 52.41µg (74.87%), Vitamin C: 37.05mg (44.91%), Vitamin B3: 7.44mg (37.21%), Manganese: 0.72mg (36.1%), Vitamin B6: 0.64mg (31.99%), Phosphorus: 273.53mg (27.35%), Vitamin K: 18.32µg (17.45%), Magnesium: 68.26mg (17.06%), Potassium: 558.77mg (15.96%), Copper: 0.32mg (15.96%), Fiber: 3.9g (15.59%), Vitamin B1: 0.22mg (14.89%), Vitamin A: 725.5IU (14.51%), Vitamin B5: 1.45mg (14.49%), Folate: 54.43µg (13.61%), Iron: 1.92mg (10.67%), Zinc: 1.5mg (10.03%), Vitamin B2: 0.17mg (9.92%), Calcium: 55.82mg (5.58%), Vitamin B12: 0.24µg (3.95%), Vitamin E: 0.51mg (3.42%), Vitamin D: 0.18µg (1.23%)