



Fettuccine Chicken Salad

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce fettuccine fresh
- 0.3 cup basil leaves fresh chopped
- 0.3 cup parsley leaves fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 0.5 cup green onions chopped for garnish
- 2 cups mayonnaise
- 3 tablespoons olive oil
- 1 teaspoon seasoning salt

- 4 large chicken breasts boneless skinless
- 8 servings tomato wedges for garnish

Equipment

- bowl
- baking sheet
- paper towels
- oven

Directions

- Preheat the oven to 350 degrees F.
- Slice the chicken breasts lengthwise into 1-inch wide strips.
- Place chicken on a baking sheet, sprinkle it with 1 teaspoon of House Seasoning and all of the thyme, and then drizzle it with olive oil.
- Bake for 15–20 minutes, or until cooked through but still juicy; do not overcook. While the chicken is cooking, cook the pasta according to package directions.
- Drain the pasta, rinse it in cold water, and drain it again. Pat the excess moisture off the pasta with a paper towel if necessary, and put the pasta in a large bowl for tossing.
- Remove the chicken from the baking sheet and set aside.
- Pour the juices from the baking sheet into a medium bowl. To the bowl, add the mayonnaise, green onions, parsley, basil, the remaining teaspoon of House Seasoning, and the seasoning salt, and stir until well blended.
- Pour the dressing over the pasta and toss gently.
- Place the chicken strips on top of the pasta.
- Garnish with tomato wedges and additional sliced green onions. This dish can be made 1 day before serving.
- cup salt
- /4 cup black pepper
- /4 cup garlic powder
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts

PROTEIN 12.09% FAT 60.17% CARBS 27.74%

Properties

Glycemic Index:38.88, Glycemic Load:21.28, Inflammation Score:-10, Nutrition Score:27.57869569115%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 773.57kcal (38.68%), Fat: 51.85g (79.78%), Saturated Fat: 8.41g (52.58%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 49.06g (17.84%), Sugar: 6.42g (7.13%), Cholesterol: 113.26mg (37.75%), Sodium: 736.56mg (32.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.88%), Vitamin K: 155.89µg (148.47%), Selenium: 69.67µg (99.53%), Vitamin B3: 8.4mg (41.99%), Manganese: 0.82mg (40.77%), Vitamin C: 31.94mg (38.72%), Vitamin A: 1935.27IU (38.71%), Vitamin B6: 0.72mg (36.11%), Phosphorus: 333.01mg (33.3%), Vitamin E: 3.96mg (26.42%), Potassium: 843.11mg (24.09%), Magnesium: 77.52mg (19.38%), Fiber: 4.75g (18.99%), Copper: 0.34mg (17.12%), Vitamin B5: 1.66mg (16.64%), Vitamin B1: 0.22mg (14.86%), Folate: 58.71µg (14.68%), Iron: 2.59mg (14.41%), Zinc: 2.03mg (13.5%), Vitamin B2: 0.17mg (10.26%), Calcium: 63.37mg (6.34%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.36µg (2.4%)