



Fettuccine Chicken Salad

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



1209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup freshly basil leaves chopped
- ☐ 0.3 cup pepper black
- ☐ 27 ounce fettuccine barilla fresh
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 0.3 cup garlic powder
- ☐ 0.5 cup freshly green onions chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 2 cups mayonnaise

- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup freshly parsley leaves chopped
- ☐ 1 cup salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 teaspoon lawry's seasoned salt (recommended: The Lady's Seasoned Salt)
- ☐ 4 large chicken breast halves boneless skinless

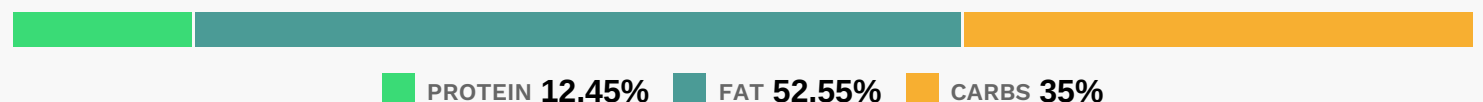
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Slice chicken breasts lengthwise into 1-inch wide strips.
- ☐ Place on a rimmed baking sheet and drizzle with olive oil.
- ☐ Sprinkle with thyme and salt and pepper.
- ☐ Bake 15 to 20 minutes or until cooked through but still juicy; do not overcook.
- ☐ While chicken is cooking; cook pasta according to package directions.
- ☐ Drain pasta, rinse in cold water and drain again. Pat excess moisture off pasta with a paper towel, if necessary.
- ☐ Combine mayonnaise, green onions, parsley, basil, House Seasoning, lemon juice and seasoned salt.
- ☐ Pour dressing over pasta and toss gently.
- ☐ Place chicken strips on top of pasta.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:40.18, Inflammation Score:-10, Nutrition Score:34.738695683687%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.45mg, Apigenin: 5.45mg, Apigenin: 5.45mg, Apigenin: 5.45mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 1209.33kcal (60.47%), Fat: 70.95g (109.15%), Saturated Fat: 11.82g (73.85%), Carbohydrates: 106.31g (35.44%), Net Carbohydrates: 98.05g (35.65%), Sugar: 3.37g (3.74%), Cholesterol: 186.73mg (62.24%), Sodium: 19849.15mg (863.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.83g (75.66%), Vitamin K: 205.45µg (195.67%), Selenium: 129.3µg (184.72%), Manganese: 2.59mg (129.62%), Phosphorus: 545.51mg (54.55%), Vitamin B3: 10.86mg (54.29%), Vitamin B6: 1.06mg (52.76%), Fiber: 8.26g (33.04%), Copper: 0.64mg (32.04%), Magnesium: 126.78mg (31.7%), Iron: 5.3mg (29.47%), Vitamin E: 4.32mg (28.77%), Potassium: 913.8mg (26.11%), Vitamin B5: 2.61mg (26.07%), Zinc: 3.57mg (23.81%), Vitamin B1: 0.33mg (22.31%), Folate: 61.1µg (15.27%), Vitamin B2: 0.26mg (15.13%), Calcium: 139mg (13.9%), Vitamin A: 662.04IU (13.24%), Vitamin C: 10.15mg (12.31%), Vitamin B12: 0.61µg (10.17%), Vitamin D: 0.61µg (4.05%)