



Fettuccine with Chicken and Asparagus

READY IN



45 min.

SERVINGS



6

CALORIES



1042 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb asparagus cut into 2 inches pieces
- ☐ 4 tablespoons butter
- ☐ 1 lb fettuccine barilla dried
- ☐ 1 garlic clove minced
- ☐ 2 cups heavy cream
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.3 cup pinenuts toasted
- ☐ 4 cups chicken rotisserie chicken shredded
- ☐ 6 servings salt and pepper

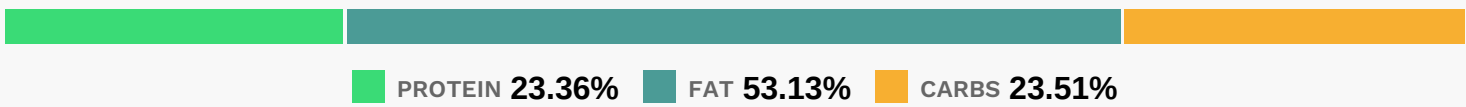
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of salted water to a boil. Cook the pasta until al dente, tender but still slightly firm.Meanwhile in a large skillet over medium heat, melt 3 tablespoons of butter and olive oil.
- ☐ Add the onions and cook for about 2 minutes. Then add the asparagus and cook until crisp-tender, about 3 minutes.
- ☐ Remove the asparagus and set aside.
- ☐ Add the garlic to the skillet and cook for 30 seconds, stirring often.
- ☐ Add the remaining tablespoon of butter, cream and lemon juice and bring to a simmer. Lower the heat to keep the mixture warm.Season with salt and pepper to taste.
- ☐ Add the chicken, pine nuts and asparagus.
- ☐ Drain the pasta in a colander and reserve some of the cooking water.
- ☐ Add the pasta to the cream mixture and toss with the cheese. If the pasta mixture has become thick, thin it with some of the reserved cooking water.
- ☐ Add red pepper flakes and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:23.23, Inflammation Score:-9, Nutrition Score:24.568695524464%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

Nutrients (% of daily need)

Calories: 1042.43kcal (52.12%), Fat: 62.35g (95.93%), Saturated Fat: 29.37g (183.59%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 57.58g (20.94%), Sugar: 5.82g (6.46%), Cholesterol: 331.88mg (110.63%), Sodium: 986.32mg (42.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.68g (123.37%), Selenium: 66.86µg (95.51%), Manganese: 1.45mg (72.58%), Vitamin A: 2092.42IU (41.85%), Vitamin K: 40.64µg (38.71%), Phosphorus: 368.61mg (36.86%), Copper: 0.48mg (24.16%), Vitamin B2: 0.38mg (22.09%), Vitamin E: 3.16mg (21.09%), Magnesium: 82.86mg (20.71%), Iron: 3.63mg (20.15%), Zinc: 2.92mg (19.48%), Vitamin B1: 0.29mg (19.14%), Fiber: 4.49g (17.96%), Calcium: 176.8mg (17.68%), Folate: 69.52µg (17.38%), Vitamin B6: 0.29mg (14.46%), Potassium: 489.26mg (13.98%), Vitamin B3: 2.73mg (13.65%), Vitamin B5: 1.17mg (11.74%), Vitamin D: 1.54µg (10.25%), Vitamin B12: 0.47µg (7.91%), Vitamin C: 6.39mg (7.74%)