



## Fettuccine with Chicken-and-Creamy Herb Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 cup meat from a rotisserie chicken cooked chopped
- ☐ 6 ounces fettuccine barilla cooked
- ☐ 1.8 cups milk
- ☐ 1 ounce garlic-herb soup mix
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup sugar snap peas

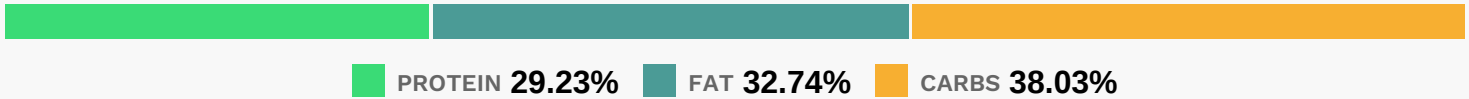
### Equipment

- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Whisk together soup mix and milk in a 2-quart saucepan; bring to a boil, stirring constantly.
- ☐ Add chicken and peas; reduce heat, and simmer 3 minutes or until chicken is well heated.  
Toss with fettuccine; sprinkle with Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:13.98, Inflammation Score:-7, Nutrition Score:21.756521649983%

## Nutrients (% of daily need)

Calories: 466.81kcal (23.34%), Fat: 16.83g (25.89%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 41.4g (15.05%), Sugar: 12.26g (13.62%), Cholesterol: 113.66mg (37.89%), Sodium: 1495.99mg (65.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.63%), Selenium: 46.86µg (66.94%), Phosphorus: 536.82mg (53.68%), Calcium: 422.52mg (42.25%), Vitamin B3: 6.45mg (32.23%), Vitamin B2: 0.52mg (30.36%), Vitamin B6: 0.59mg (29.41%), Vitamin B12: 1.6µg (26.69%), Manganese: 0.45mg (22.65%), Zinc: 3.26mg (21.72%), Vitamin B5: 2.05mg (20.46%), Potassium: 687.07mg (19.63%), Magnesium: 76.94mg (19.24%), Vitamin C: 15.18mg (18.4%), Vitamin B1: 0.27mg (17.88%), Vitamin D: 2.5µg (16.64%), Vitamin A: 769IU (15.38%), Iron: 2.1mg (11.67%), Fiber: 2.59g (10.37%), Copper: 0.2mg (9.99%), Vitamin K: 7.18µg (6.83%), Folate: 20.49µg (5.12%), Vitamin E: 0.43mg (2.86%)