



Fettuccine with Chicken and Herbed Vegetables

READY IN



30 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz fettuccine barilla uncooked
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 1.5 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 1 small bell pepper green cut into bite-size strips
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

- ☐ 3 small zucchini sliced cut in half lengthwise,
- ☐ 3 cups tomatoes seeded chopped
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 2 oz parmesan shredded

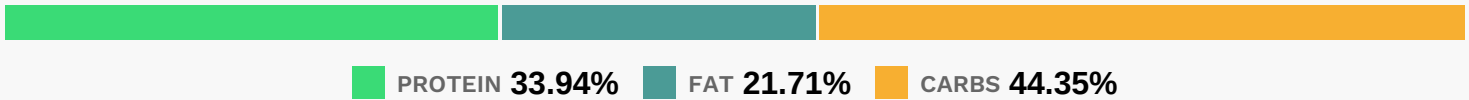
Equipment

- ☐ frying pan

Directions

- ☐ Cook fettuccine to desired doneness as directed on package.
- ☐ Drain; cover to keep warm.
- ☐ Meanwhile, in 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add onion; cook 2 to 3 minutes, stirring occasionally, until tender.
- ☐ Stir in chicken, bell pepper, garlic, salt and pepper. Cook 5 to 6 minutes, stirring occasionally, until chicken is browned on outside and no longer pink in center. Stir in zucchini, tomatoes, basil and oregano. Cook 5 to 6 minutes, stirring occasionally, until zucchini is tender.
- ☐ Place fettuccine on serving platter; spoon chicken mixture over top.
- ☐ Sprinkle with cheese.
- ☐ Serve with additional Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:18.43, Inflammation Score:-10, Nutrition Score:27.675217348596%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 441.66kcal (22.08%), Fat: 10.62g (16.34%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 44.27g (16.1%), Sugar: 5.52g (6.13%), Cholesterol: 126.63mg (42.21%), Sodium: 498.62mg (21.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.36g (74.71%), Selenium: 83.5µg (119.29%), Vitamin B3: 13.92mg (69.61%), Vitamin B6: 1.21mg (60.57%), Phosphorus: 491.68mg (49.17%), Manganese: 0.85mg (42.39%), Vitamin C: 33.56mg (40.68%), Potassium: 967.33mg (27.64%), Vitamin K: 28.89µg (27.52%), Vitamin B5: 2.42mg (24.16%), Magnesium: 93.45mg (23.36%), Vitamin A: 1009.11IU (20.18%), Calcium: 189.28mg (18.93%), Fiber: 4.56g (18.23%), Vitamin B2: 0.28mg (16.66%), Vitamin B1: 0.25mg (16.35%), Zinc: 2.43mg (16.18%), Copper: 0.31mg (15.46%), Iron: 2.74mg (15.2%), Folate: 55.42µg (13.85%), Vitamin E: 1.47mg (9.78%), Vitamin B12: 0.5µg (8.41%), Vitamin D: 0.33µg (2.2%)