



## Fettuccine with Chicken and Sun-Dried Tomato Sauce

READY IN



65 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup chicken broth
- 2 tablespoons chicken broth dry red
- 2 teaspoons cornstarch
- 4 ounces fettuccine barilla uncooked
- 2 cloves garlic finely chopped
- 2 tablespoons spring onion chopped
- 0.5 cup milk
- 1.5 ounces mushrooms sliced

- 1 pound chicken breast halves boneless skinless
- 0.3 cup sun-dried olives coarsely chopped (not oil-packed)
- 1 teaspoon vegetable oil

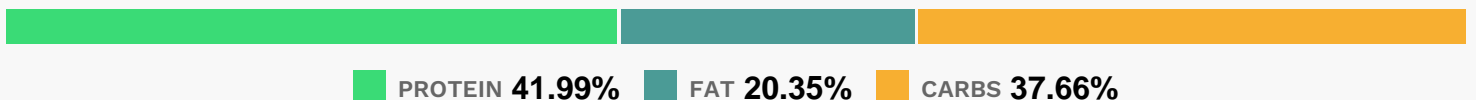
## Equipment

- frying pan

## Directions

- Mix tomatoes and broth; let stand 30 minutes.
- Cook and drain fettuccine as directed on package.
- While fettuccine is cooking, cook mushrooms, onions and garlic in wine in 10-inch nonstick skillet over medium heat about 3 minutes, stirring occasionally, until mushrooms are tender.
- Remove mixture from skillet; set aside.
- Heat oil in skillet over medium heat. Cook chicken in oil 3 to 4 minutes, turning once, until brown.
- Add tomato mixture.
- Heat to boiling; reduce heat. Cover and simmer about 10 minutes, stirring occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Remove chicken from skillet; keep warm.
- Mix milk, cornstarch and basil; stir into tomato mixture in skillet.
- Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in mushroom mixture; cook until hot.
- Serve over chicken and fettuccine.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:10.18, Inflammation Score:-4, Nutrition Score:19.383043268453%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## **Nutrients (% of daily need)**

Calories: 295.67kcal (14.78%), Fat: 6.63g (10.2%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 25.6g (9.31%), Sugar: 5.04g (5.6%), Cholesterol: 100.79mg (33.6%), Sodium: 294.6mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.55%), Selenium: 60.98µg (87.11%), Vitamin B3: 13.57mg (67.84%), Vitamin B6: 0.98mg (49.18%), Phosphorus: 375.89mg (37.59%), Potassium: 825.08mg (23.57%), Vitamin B5: 2.31mg (23.05%), Manganese: 0.44mg (21.99%), Vitamin B2: 0.28mg (16.66%), Magnesium: 65.25mg (16.31%), Vitamin B1: 0.2mg (13.01%), Copper: 0.26mg (12.98%), Vitamin K: 11.72µg (11.16%), Zinc: 1.57mg (10.5%), Iron: 1.74mg (9.65%), Vitamin B12: 0.49µg (8.09%), Fiber: 2.01g (8.02%), Calcium: 67.36mg (6.74%), Vitamin C: 5.31mg (6.44%), Folate: 21.2µg (5.3%), Vitamin A: 191.88IU (3.84%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.46mg (3.08%)