



## Fettuccine with Chicken and Sun-Dried Tomato Sauce

READY IN



65 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 cup sun-dried olives coarsely chopped (not oil-packed)
- ☐ 0.5 cup chicken broth
- ☐ 4 ounces fettuccine barilla uncooked
- ☐ 1.5 ounces mushrooms sliced
- ☐ 2 tablespoons spring onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons chicken broth dry red
- ☐ 1 teaspoon vegetable oil

- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 0.5 cup milk
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons basil dried fresh chopped

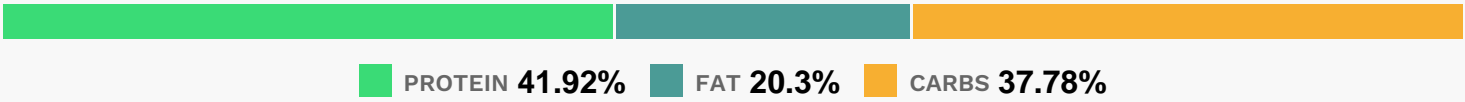
## Equipment

- ☐ 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:-5, Nutrition Score:20.203913004502%

## 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: 296.84kcal (14.84%), Fat: 6.65g (10.23%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 25.65g (9.33%), Sugar: 5.05g (5.61%), Cholesterol: 100.79mg (33.6%), Sodium: 294.98mg (12.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Selenium: 60.99µg (87.14%), Vitamin B3: 13.59mg (67.96%), Vitamin B6: 0.99mg (49.51%), Phosphorus: 377.26mg (37.73%), Manganese: 0.49mg (24.44%), Potassium: 838.23mg (23.95%), Vitamin B5: 2.31mg (23.1%), Vitamin K: 20.29µg (19.33%), Magnesium: 68.81mg (17.2%), Vitamin B2: 0.29mg (17.01%), Copper: 0.27mg (13.5%), Vitamin B1: 0.2mg (13.04%), Iron: 2.19mg (12.14%), Zinc: 1.61mg (10.73%), Fiber: 2.19g (8.78%), Vitamin B12: 0.49µg (8.09%), Calcium: 78.56mg (7.86%), Vitamin C: 5.32mg (6.44%), Folate: 22.75µg (5.69%), Vitamin A: 195.6IU (3.91%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.52mg (3.44%)