



Fettuccine with Chicken, Spinach, and Creamy Orange Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup chicken broth low-sodium homemade canned
- 2 tablespoons cooking oil
- 0.5 pound fettuccine barilla
- 2 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 0.3 cup heavy cream
- 0.5 pound mushrooms sliced
- 1 tablespoon orange juice

- 0.5 teaspoon orange zest grated
- 1.3 teaspoons salt
- 4 chicken thighs boneless skinless cut into 1/4-inch strips (1 pound in all)
- 10 ounce prewashed spinach

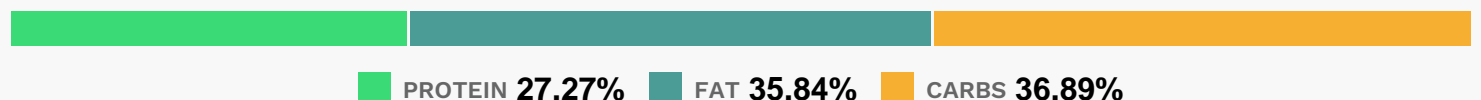
Equipment

- frying pan
- pot

Directions

- In a large nonstick frying pan, heat 1 tablespoon of the oil over moderately high heat. Season the chicken with 1/4 teaspoon each of the salt and pepper. Saut until just cooked through, 2 to 3 minutes.
- Remove from the pan.
- Remove any tough stems from the spinach. In the same pan used for the chicken, heat the remaining 1 tablespoon oil over moderate heat.
- Add the garlic and mushrooms and cook, stirring, for 2 minutes.
- Add the spinach, let it wilt, and stir in 1/2 teaspoon of the salt and the remaining 1/4 teaspoon pepper. Simmer for 2 minutes.
- Add the zest, orange juice, and chicken broth. Simmer for 2 minutes and then add the cream, the chicken, and the remaining 1/2 teaspoon salt.
- Remove from the heat.
- In a large pot of boiling, salted water, cook the fettuccine until just done, about 12 minutes.
- Drain the pasta and toss with the chicken and sauce.
- Wine Recommendation: A zippy white wine with good acidity will pair nicely with the spinach and orange flavors. Look for an Italian Arneis or a pinot grigio from the Collio region. Or, for something completely different, select a white Graves from France.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:18.09, Inflammation Score:-10, Nutrition Score:37.478260682977%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 500.8kcal (25.04%), Fat: 20.1g (30.94%), Saturated Fat: 5.87g (36.72%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 42.46g (15.44%), Sugar: 3.31g (3.68%), Cholesterol: 171.79mg (57.26%), Sodium: 906.81mg (39.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.89%), Vitamin K: 351.79µg (335.04%), Vitamin A: 6937.83IU (138.76%), Selenium: 76.88µg (109.83%), Manganese: 1.22mg (61.24%), Vitamin B3: 10.31mg (51.53%), Phosphorus: 447.96mg (44.8%), Folate: 170.13µg (42.53%), Vitamin B6: 0.85mg (42.53%), Vitamin B2: 0.65mg (38.17%), Magnesium: 122.5mg (30.63%), Potassium: 1036.31mg (29.61%), Vitamin C: 24.13mg (29.25%), Vitamin B5: 2.83mg (28.28%), Copper: 0.52mg (26.19%), Iron: 4.3mg (23.88%), Zinc: 3.55mg (23.68%), Vitamin E: 3.23mg (21.5%), Vitamin B1: 0.31mg (20.64%), Fiber: 4.13g (16.51%), Vitamin B12: 0.95µg (15.81%), Calcium: 117.43mg (11.74%), Vitamin D: 0.52µg (3.48%)