



HEALTH SCORE

59%

Fettuccine With Wilted Greens



Very Healthy

READY IN



60 min.

SERVINGS



8

CALORIES



668 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 2.5 lb chicken cutlets
- ☐ 0.5 cup olive oil extra virgin
- ☐ 16 oz barilla fettuccine
- ☐ 1 cup flour all-purpose
- ☐ 16 oz mushrooms fresh sliced
- ☐ 2 teaspoons garlic minced
- ☐ 8 servings parmesan cheese freshly grated

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 18 oz pkt spinach fresh washed
- ☐ 2 onions sweet thinly sliced
- ☐ 1 cup white wine

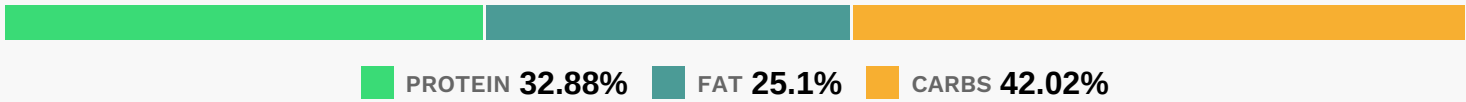
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook pasta in a Dutch oven according to package directions.
- ☐ Drain, return to Dutch oven, and keep warm.
- ☐ Sprinkle chicken with 1 tsp. salt and 1/2 tsp. pepper. Dredge in flour.
- ☐ Saut chicken, in batches, in hot oil in a large skillet over medium-high heat 3 to 5 minutes on each side or until chicken is browned.
- ☐ Remove and keep warm.
- ☐ Add onions, mushrooms, and garlic to skillet; saut 5 to 7 minutes or until mushrooms are lightly browned. Stir in chicken broth and next 3 ingredients, and cook 3 to 5 minutes or until liquid is reduced by half, stirring to loosen particles from bottom of skillet.
- ☐ Add mushroom mixture and spinach to pasta in Dutch oven, tossing to coat. Cook, covered, over medium-low heat 4 to 6 minutes or until greens are wilted. Spoon into a serving dish, and top evenly with chicken and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:26.52, Inflammation Score:-10, Nutrition Score:46.357391689135%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 5.02mg, Kaempferol: 5.02mg, Kaempferol: 5.02mg, Kaempferol: 5.02mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 14.57mg, Quercetin: 14.57mg, Quercetin: 14.57mg, Quercetin: 14.57mg

Nutrients (% of daily need)

Calories: 667.52kcal (33.38%), Fat: 18g (27.69%), Saturated Fat: 6.6g (41.22%), Carbohydrates: 67.8g (22.6%), Net Carbohydrates: 62.68g (22.79%), Sugar: 7.03g (7.82%), Cholesterol: 164.74mg (54.91%), Sodium: 1108.42mg (48.19%), Alcohol: 3.09g (100%), Alcohol %: 0.77% (100%), Protein: 53.06g (106.11%), Vitamin K: 311.83µg (296.98%), Selenium: 112.37µg (160.53%), Vitamin A: 6321.67IU (126.43%), Vitamin B3: 19.61mg (98.07%), Vitamin B6: 1.53mg (76.58%), Phosphorus: 751.48mg (75.15%), Manganese: 1.4mg (70.14%), Folate: 205.31µg (51.33%), Vitamin B2: 0.75mg (44.3%), Potassium: 1401.46mg (40.04%), Calcium: 382.39mg (38.24%), Magnesium: 150.6mg (37.65%), Vitamin B5: 3.7mg (36.99%), Vitamin C: 25.02mg (30.33%), Vitamin B1: 0.45mg (30.26%), Copper: 0.56mg (28.08%), Zinc: 4.12mg (27.47%), Iron: 4.85mg (26.93%), Fiber: 5.12g (20.47%), Vitamin E: 2.36mg (15.72%), Vitamin B12: 0.88µg (14.64%), Vitamin D: 0.58µg (3.83%)