



Grilled Chicken Fettuccine Alfredo with Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces neufcha@gtel cheese cut into cubes
- ☐ 1.5 cups chicken broth low-sodium undiluted canned
- ☐ 1 teaspoon basil dried divided
- ☐ 0.5 cup cooking wine dry white
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 pound mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped

- ☐ 2 cloves garlic minced
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoon oregano dried divided
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup peas frozen english thawed
- ☐ 0.5 cup bell pepper sweet red chopped
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce skinned

Equipment

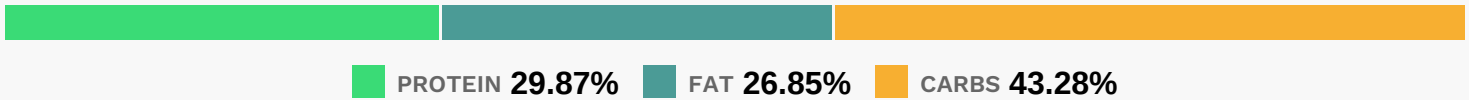
- ☐ frying pan
- ☐ grill

Directions

- ☐ Combine chicken, yogurt, 1/2 teaspoon basil, and 1/2 teaspoon oregano in a shallow dish; stir well. Cover and marinate in refrigerator 30 minutes.
- ☐ Coat a large nonstick skillet with cooking spray; add oil.
- ☐ Place over medium heat until hot.
- ☐ Add onion and red pepper; cook, stirring constantly, 3 to 5 minutes.
- ☐ Add remaining 1/2 teaspoon basil and 1/2 teaspoon oregano; stir in garlic. Cook 1 minute, stirring frequently.
- ☐ Add mushrooms and peas. Cook over medium-high heat 3 to 4 minutes or until mushrooms begin to brown, stirring frequently.
- ☐ Add wine; cook over medium heat until liquid evaporates, stirring occasionally.
- ☐ Sprinkle with flour, stirring well.
- ☐ Add broth; bring just to a simmer over low heat, stirring frequently.

- ☐ Add Neufcha@Gtel cheese, salt, and nutmeg. Cook 3 to 5 minutes or until cheese melts and mixture is smooth, stirring frequently.
- ☐ Remove from heat; stir in parsley and Parmesan cheese. Set aside, and keep warm.
- ☐ Cook pasta according to package directions, omitting salt and fat and drain well.
- ☐ Combine pasta and vegetable mixture and toss well. Set aside,and keep warm.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place chicken on rack; grill, covered, 3 to 4 minutes on each side or until chicken is done.
- ☐ Remove chicken from grill; let stand 5 minutes. Slice diagonally across grain into thin strips.
- ☐ Spoon pasta mixture onto a serving platter; top with chicken strips.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:108.33, Glycemic Load:21.64, Inflammation Score:-9, Nutrition Score:36.094782777455%

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 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: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 557.79kcal (27.89%), Fat: 16.14g (24.83%), Saturated Fat: 6.84g (42.76%), Carbohydrates: 58.55g (19.52%), Net Carbohydrates: 53.44g (19.43%), Sugar: 7.96g (8.84%), Cholesterol: 129.98mg (43.33%), Sodium: 702.71mg (30.55%), Alcohol: 3.09g (100%), Alcohol %: 0.82% (100%), Protein: 40.4g (80.8%), Selenium: 90.67µg (129.53%), Vitamin K: 95.33µg (90.79%), Vitamin B3: 15.23mg (76.16%), Phosphorus: 627.17mg (62.72%), Vitamin B6: 1.06mg (52.88%), Vitamin C: 41.74mg (50.59%), Vitamin B2: 0.74mg (43.61%), Manganese: 0.82mg (40.77%), Vitamin B5: 3.42mg (34.17%), Calcium: 313.53mg (31.35%), Potassium: 1074.83mg (30.71%), Copper: 0.59mg

(29.38%), Vitamin A: 1446.4IU (28.93%), Zinc: 3.78mg (25.18%), Magnesium: 95.22mg (23.81%), Vitamin B1: 0.34mg (22.46%), Folate: 82.27µg (20.57%), Fiber: 5.11g (20.45%), Iron: 3.43mg (19.08%), Vitamin B12: 0.88µg (14.69%), Vitamin E: 1.2mg (7.99%), Vitamin D: 0.58µg (3.89%)