

Herbed Chicken Fettuccine

READY IN



40 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter divided
- 8 ounces fettuccine barilla uncooked
- 2 tablespoons olive oil
- 1 envelope onion soup mix divided
- 2 tablespoons onion soup mix
- 2 tablespoons parmesan cheese grated
- 1 teaspoon poultry seasoning
- 1 teaspoons suya seasoning mix salt-free
- 1 pound chicken breast boneless skinless cut into 1-inch strips

- 2 tablespoons teriyaki sauce
- 0.7 cup water
- 1 tablespoon worcestershire sauce

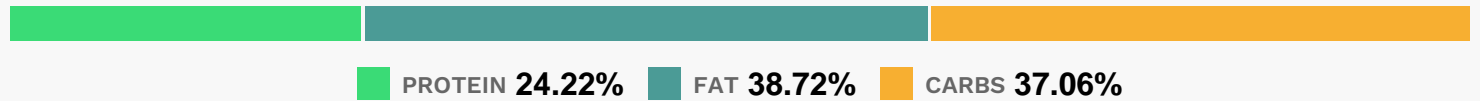
Equipment

- frying pan

Directions

- Combine seasoning blend and poultry seasoning; sprinkle over chicken. In a large skillet, saute chicken in oil and 2 tablespoons butter for 5 minutes or until chicken is no longer pink.
- Add the water, teriyaki sauce, onion soup mix and 2 tablespoons herb and garlic soup mix. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.
- Meanwhile, cook fettuccine according to package directions.
- Drain; add to chicken mixture. Stir in the cheese, Worcestershire sauce, remaining butter, and remaining herb and garlic soup mix; toss to coat.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:16.98, Inflammation Score:-6, Nutrition Score:22.577826188958%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 576.15kcal (28.81%), Fat: 24.65g (37.92%), Saturated Fat: 9.91g (61.93%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 49.7g (18.07%), Sugar: 3.48g (3.86%), Cholesterol: 152.48mg (50.83%), Sodium: 1783.99mg (77.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.37%), Selenium: 82.88µg (118.4%), Vitamin B3: 13.44mg (67.22%), Vitamin B6: 1.08mg (54.14%), Phosphorus: 442.09mg (44.21%), Manganese: 0.69mg (34.56%), Vitamin B5: 2.3mg (23.03%), Potassium: 738.28mg (21.09%), Magnesium: 82.66mg (20.66%), Vitamin K: 17.67µg (16.83%), Iron: 2.73mg (15.17%), Vitamin B1: 0.22mg (14.53%), Copper: 0.28mg (14.22%), Zinc: 2.09mg (13.94%), Vitamin B2: 0.23mg (13.81%), Vitamin E: 2.02mg (13.49%), Fiber: 3.37g (13.47%), Calcium: 103.35mg

(10.33%), Vitamin A: 480.2IU (9.6%), Vitamin B12: 0.45µg (7.48%), Folate: 26.22µg (6.55%), Vitamin C: 2.47mg (2.99%), Vitamin D: 0.3µg (1.97%)