



Homemade Chicken Fettuccine

READY IN



25 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 teaspoon garlic salt
- 0.1 teaspoon ground pepper black
- 1.5 cups heavy cream
- 8 ounces mushrooms sliced
- 0.3 cup parmesan cheese grated
- 8 ounces fettuccini pasta
- 3 chicken breast halves boneless skinless cut into chunks

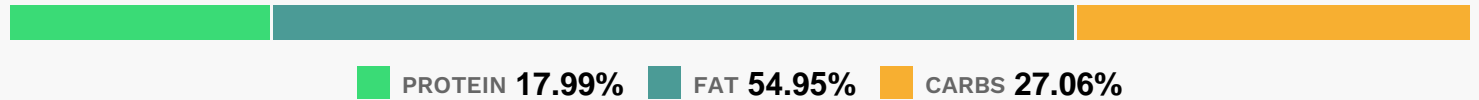
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add fettuccine and cook for 8 to 10 minutes or until al dente; drain.
- In a large skillet, brown chicken and mushrooms in butter until chicken is cooked through. Season with garlic salt and pepper.
- Add whipping cream and cook until thick, stirring constantly.
- Add parmesan cheese when at desired consistency.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:17.44, Inflammation Score:-8, Nutrition Score:22.302608676579%

Nutrients (% of daily need)

Calories: 699.55kcal (34.98%), Fat: 42.89g (65.99%), Saturated Fat: 25.76g (161.01%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 45.14g (16.42%), Sugar: 5.25g (5.84%), Cholesterol: 175.58mg (58.53%), Sodium: 864.41mg (37.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.18%), Selenium: 73.17µg (104.52%), Vitamin B3: 11.92mg (59.58%), Phosphorus: 427.07mg (42.71%), Vitamin B6: 0.81mg (40.55%), Vitamin B2: 0.54mg (31.68%), Vitamin A: 1566.73IU (31.33%), Manganese: 0.57mg (28.75%), Vitamin B5: 2.56mg (25.57%), Potassium: 719.23mg (20.55%), Copper: 0.38mg (19.03%), Magnesium: 65.89mg (16.47%), Zinc: 2.08mg (13.86%), Calcium: 134.32mg (13.43%), Vitamin B1: 0.17mg (11.41%), Vitamin D: 1.66µg (11.05%), Fiber: 2.4g (9.59%), Vitamin E: 1.25mg (8.3%), Iron: 1.46mg (8.13%), Vitamin B12: 0.43µg (7.19%), Folate: 27.4µg (6.85%), Vitamin K: 3.78µg (3.6%), Vitamin C: 2.74mg (3.33%)