



Italian Seasoned Chicken and Fettuccine

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup olive oil extra virgin
- 9 ounce buitoni® fettuccine refrigerated
- 1.5 teaspoons garlic finely chopped
- 0.8 teaspoon penzey's southwest seasoning italian
- 20 ounce chicken breast halves boneless skinless

Equipment

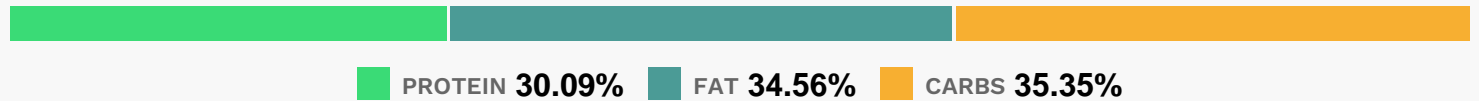
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F. Grease 13 x 9-inch baking dish.
- Combine oil, garlic and Italian seasoning in large bowl.
- Add chicken; turn to coat. Marinate in refrigerator for 15 to 30 minutes.
- Remove chicken from marinade and place in prepared dish. Discard marinade.
- Bake for 35 to 40 minutes or until chicken is no longer pink in center.
- Prepare pasta according to package directions.
- Serve chicken over pasta.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:19.19, Inflammation Score:-4, Nutrition Score:21.930869558583%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 528.54kcal (26.43%), Fat: 20.03g (30.81%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 43.8g (15.93%), Sugar: 1.23g (1.36%), Cholesterol: 144.3mg (48.1%), Sodium: 178.38mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.23g (78.46%), Selenium: 95.8µg (136.86%), Vitamin B3: 16.15mg (80.75%), Vitamin B6: 1.22mg (60.87%), Phosphorus: 453.67mg (45.37%), Manganese: 0.6mg (30.21%), Vitamin B5: 2.61mg (26.12%), Potassium: 689.48mg (19.7%), Magnesium: 75.14mg (18.79%), Vitamin E: 2.52mg (16.79%), Zinc: 2.07mg (13.8%), Vitamin B1: 0.2mg (13.47%), Vitamin B2: 0.2mg (11.9%), Copper: 0.23mg (11.67%), Iron: 1.97mg (10.94%), Vitamin K: 11.08µg (10.55%), Fiber: 2.29g (9.15%), Vitamin B12: 0.47µg (7.81%), Folate: 25.09µg (6.27%), Calcium: 37.57mg (3.76%), Vitamin C: 2.06mg (2.5%), Vitamin D: 0.33µg (2.22%), Vitamin A: 88.55IU (1.77%)