



Kim's Chicken Alfredo

READY IN



30 min.

SERVINGS



4

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 3 cloves garlic minced
- ☐ 0.5 cup peas green
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 tablespoons penzey's southwest seasoning italian
- ☐ 0.5 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese grated

- ☐ 1 pound fettuccine pasta dry
- ☐ 2 chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In large skillet, over medium-high heat, heat olive oil and saute garlic for 2 minutes.
- ☐ Add chicken, pepper and Italian seasoning, and cook, stirring occasionally, until chicken is no longer pink.
- ☐ In medium bowl, stir together onion soup mix, cream of mushroom soup, milk and water.
- ☐ Add to chicken mixture.
- ☐ Add peas and Parmesan to chicken, bring to a boil, then reduce heat and simmer 15 minutes, stirring occasionally.
- ☐ While sauce is simmering, bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss pasta with sauce to serve.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:35.53, Inflammation Score:-6, Nutrition Score:26.05999999461%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 683.67kcal (34.18%), Fat: 14.95g (23%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 100.57g (33.52%), Net Carbohydrates: 94.16g (34.24%), Sugar: 5.98g (6.65%), Cholesterol: 49.07mg (16.36%), Sodium: 1306.22mg (56.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.02g (70.05%), Selenium: 93.63µg (133.76%), Manganese: 1.58mg (78.76%), Phosphorus: 467.27mg (46.73%), Vitamin B3: 9.16mg (45.79%), Vitamin B6: 0.76mg (38.22%), Copper: 0.58mg (29.16%), Magnesium: 103.92mg (25.98%), Fiber: 6.41g (25.63%), Zinc: 3.56mg (23.74%), Vitamin K: 24.92µg (23.73%), Potassium: 751.92mg (21.48%), Iron: 3.6mg (20.02%), Calcium: 182.35mg (18.23%), Vitamin B2: 0.29mg (17.24%), Vitamin B5: 1.69mg (16.89%), Vitamin B1: 0.25mg (16.61%), Vitamin E: 1.78mg (11.86%), Folate: 46.16µg (11.54%), Vitamin C: 8.93mg (10.82%), Vitamin B12: 0.48µg (8.07%), Vitamin A: 303.21IU (6.06%), Vitamin D: 0.42µg (2.82%)