



Le Marriage, Alfredo Algeria

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 8 ounce cream cheese
- ☐ 5 cloves garlic pressed
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 tablespoon milk
- ☐ 3 tablespoons olive oil

- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 5 saffron threads
- ☐ 0.5 teaspoon salt to taste
- ☐ 1 chicken breast boneless skinless cubed
- ☐ 0.1 cup water

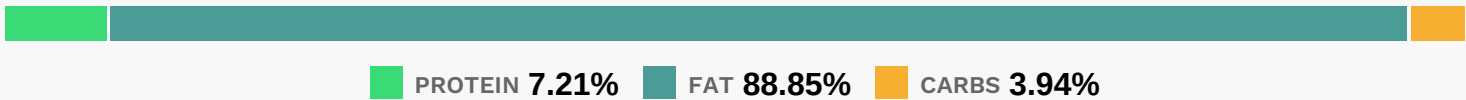
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Warm olive oil in a large skillet over medium heat.
- ☐ Place the chicken pieces in hot oil; cook, turning, until browned on both sides. Stir in cayenne, white pepper, and garlic.
- ☐ Pour in water, and cook until the chicken is done and the water has evaporated, about 30 minutes.
- ☐ Stir in butter and saffron threads; cook for 10 minutes.
- ☐ Add cream cheese, stirring until melted and smooth. Gradually whisk in cream, smoothing out any lumps. Stir in Parmesan, and cook until the sauce reaches the consistency you like. If it becomes too thick, stir in a small amount of milk.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:13.471739250681%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 892.16kcal (44.61%), Fat: 89.64g (137.9%), Saturated Fat: 50.19g (313.7%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 8.75g (3.18%), Sugar: 4.99g (5.55%), Cholesterol: 248.53mg (82.84%), Sodium: 929.57mg (40.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.74%), Vitamin A: 2957.89IU (59.16%), Selenium: 21.88µg (31.26%), Phosphorus: 268.31mg (26.83%), Calcium: 245.45mg (24.54%), Vitamin E: 3.64mg (24.26%), Vitamin B2: 0.39mg (22.95%), Vitamin B6: 0.34mg (16.91%), Vitamin B3: 3.12mg (15.6%), Vitamin K: 12.8µg (12.19%), Vitamin B5: 1.06mg (10.62%), Vitamin D: 1.56µg (10.4%), Vitamin B12: 0.56µg (9.35%), Potassium: 318.57mg (9.1%), Zinc: 1.3mg (8.64%), Magnesium: 25.69mg (6.42%), Manganese: 0.12mg (5.83%), Vitamin B1: 0.06mg (4.26%), Folate: 11.73µg (2.93%), Iron: 0.5mg (2.75%), Vitamin C: 2.24mg (2.72%), Copper: 0.05mg (2.41%)