



Linguine with Creamy Chicken and Walnuts

READY IN



21 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 2 teaspoons butter
- 1 cup less-sodium chicken broth fat-free
- 1 cup milk fat-free
- 2 teaspoons flour all-purpose
- 2 garlic cloves minced
- 0.3 teaspoon ground nutmeg
- 6 ounces pasta dried uncooked
- 8 ounce mushrooms sliced

- 2 teaspoons olive oil
- 12 ounce roasted chicken breast diced refrigerated
- 0.3 teaspoon salt
- 3 tablespoons walnuts toasted coarsely chopped
- 1 tablespoon water

Equipment

- bowl
- frying pan
- whisk

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, combine water and flour in a small bowl; stir well with a whisk.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add garlic and mushrooms; saut 2 minutes or until mushrooms are tender.
- Add milk and next 4 ingredients. Bring to a simmer, and cook 3 minutes or until cream cheese melts and sauce is smooth, stirring constantly with a whisk. Stir in flour mixture.
- Add nutmeg and chicken. Bring to a boil; reduce heat, and simmer 4 minutes or until sauce begins to thicken, stirring occasionally.
- Add butter, stirring until butter melts.
- Serve sauce over hot cooked pasta; sprinkle with walnuts before serving.

Nutrition Facts



■ PROTEIN 35.38% ■ FAT 27.62% ■ CARBS 37%

Properties

Glycemic Index:64.04, Glycemic Load:10.02, Inflammation Score:-4, Nutrition Score:14.237826279972%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg 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: 283.65kcal (14.18%), Fat: 8.67g (13.34%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 24.41g (8.87%), Sugar: 3.79g (4.21%), Cholesterol: 53mg (17.67%), Sodium: 325.12mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.97%), Selenium: 39.37µg (56.24%), Vitamin B3: 9.99mg (49.93%), Phosphorus: 283.61mg (28.36%), Manganese: 0.51mg (25.43%), Vitamin B6: 0.49mg (24.45%), Vitamin B2: 0.31mg (18.11%), Copper: 0.32mg (16.25%), Vitamin B5: 1.47mg (14.68%), Potassium: 437.83mg (12.51%), Magnesium: 48.94mg (12.24%), Zinc: 1.53mg (10.21%), Vitamin B1: 0.15mg (9.74%), Vitamin B12: 0.52µg (8.72%), Calcium: 79.26mg (7.93%), Iron: 1.42mg (7.89%), Fiber: 1.72g (6.87%), Folate: 21.28µg (5.32%), Vitamin D: 0.58µg (3.88%), Vitamin E: 0.46mg (3.04%), Vitamin A: 138.94IU (2.78%), Vitamin K: 1.54µg (1.47%), Vitamin C: 1.17mg (1.42%)