

Nutty Chicken Fettuccine

READY IN



30 min.

SERVINGS



4

CALORIES



927 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces cream cheese cubed
- 1 teaspoon curry powder
- 8 ounces fettuccine barilla uncooked
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 cup milk
- 3 tablespoons olive oil
- 0.3 cup onion chopped
- 0.5 cup parmesan shredded

- 0.3 teaspoon pepper
- 1 medium bell pepper sweet red julienned
- 0.3 teaspoon salt
- 1.5 pounds chicken breast boneless skinless cut into thin strips
- 2 tablespoons walnuts
- 0.3 cup walnut pieces toasted chopped

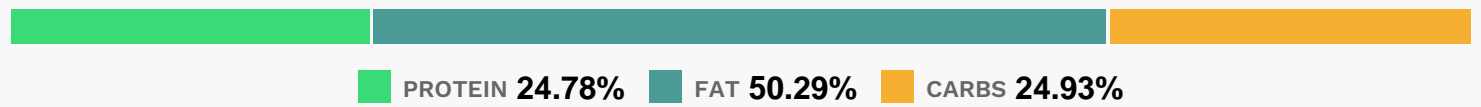
Equipment

- frying pan
- sauce pan
- ziploc bags

Directions

- In a large resealable plastic bag, combine the first six ingredients.
- Add chicken in batches; toss to coat. In a large skillet, saute the chicken, red pepper and onion in oil for 6–8 minutes until chicken juices run clear and vegetables are crisp–tender.
- Meanwhile, cook fettuccine according to package directions. In a saucepan, combine the milk, cream cheese and Parmesan cheese; cook and stir over medium heat for 5 minutes or until cheese is melted and sauce is smooth.
- Drain fettuccine; top with chicken mixture and sauce.
- Sprinkle with toasted walnuts.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:24.12, Inflammation Score:-9, Nutrition Score:37.45608694657%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.5mg,

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 927.39kcal (46.37%), Fat: 51.98g (79.96%), Saturated Fat: 18.67g (116.71%), Carbohydrates: 57.97g (19.32%), Net Carbohydrates: 53.84g (19.58%), Sugar: 8.33g (9.25%), Cholesterol: 229.58mg (76.53%), Sodium: 758.58mg (32.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.63g (115.26%), Selenium: 111.5µg (159.29%), Vitamin B3: 20.03mg (100.16%), Vitamin B6: 1.66mg (83.22%), Phosphorus: 775.01mg (77.5%), Manganese: 1.18mg (59.21%), Vitamin C: 41.11mg (49.84%), Vitamin A: 1984.7IU (39.69%), Vitamin B5: 3.78mg (37.75%), Vitamin B2: 0.57mg (33.39%), Calcium: 330.78mg (33.08%), Potassium: 1106.38mg (31.61%), Magnesium: 126.19mg (31.55%), Vitamin B1: 0.39mg (26.07%), Copper: 0.49mg (24.51%), Zinc: 3.58mg (23.86%), Vitamin E: 3.28mg (21.9%), Folate: 74.36µg (18.59%), Vitamin B12: 1.11µg (18.48%), Iron: 3.04mg (16.9%), Fiber: 4.13g (16.52%), Vitamin K: 11.19µg (10.66%), Vitamin D: 1.07µg (7.16%)