



Pappardelle with Creamy Chicken Sauce

READY IN



35 min.

SERVINGS



6

CALORIES



747 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon olive oil extra virgin extra-virgin
- 7 chicken thighs boneless skinless cut into 1-inch pieces (2 pounds total)
- 1 serving coarse mustard
- 1 medium onion diced yellow
- 2 garlic clove minced
- 2 cups cup heavy whipping cream
- 1 pound pappardelle

Equipment

- pot
- dutch oven

Directions

- In a large Dutch oven or heavy pot, heat oil over medium-high. Season chicken with salt and pepper and cook until it releases its juices and is almost cooked through, about 7 minutes.
- Add onion and cook until translucent, stirring occasionally, about 6 minutes.
- Add garlic and cook until fragrant, about 30 seconds.
- Add cream and bring to a boil. Reduce heat to a rapid simmer and cook, stirring occasionally, until sauce is thick enough to coat the back of a spoon, about 15 minutes. Season to taste with salt and pepper.
- Meanwhile, in a large pot of boiling salted water, cook pasta until al dente. Reserve 1 cup pasta water; drain pasta and add to sauce, tossing to combine and adding enough pasta water to create a creamy sauce that coats pasta.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:23.08, Inflammation Score:-7, Nutrition Score:23.423912877622%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 746.87kcal (37.34%), Fat: 39.8g (61.23%), Saturated Fat: 20.83g (130.18%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 55.36g (20.13%), Sugar: 4.54g (5.04%), Cholesterol: 278.39mg (92.8%), Sodium: 164.74mg (7.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.65g (77.3%), Selenium: 92.26µg (131.8%), Phosphorus: 482.48mg (48.25%), Vitamin B3: 9.03mg (45.17%), Vitamin B6: 0.81mg (40.63%), Manganese: 0.71mg (35.61%), Vitamin B2: 0.46mg (26.89%), Vitamin B5: 2.5mg (25.05%), Vitamin A: 1245.76IU (24.92%), Zinc: 3.69mg (24.63%), Magnesium: 82.21mg (20.55%), Vitamin B12: 1.19µg (19.83%), Vitamin B1: 0.28mg (18.34%), Potassium:

614.87mg (17.57%), Copper: 0.32mg (15.89%), Iron: 2.65mg (14.73%), Fiber: 2.86g (11.45%), Vitamin E: 1.59mg (10.6%), Vitamin D: 1.5µg (9.97%), Calcium: 97.26mg (9.73%), Folate: 33.94µg (8.49%), Vitamin K: 8.25µg (7.85%), Vitamin C: 2.15mg (2.6%)