



WHATSheATE



Pasta with Chicken Mushroom Cream Sauce

READY IN



40 min.

SERVINGS



4

CALORIES



803 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 16 ounce farfalle pasta (bow tie)
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 1 cup heavy cream
- ☐ 0.5 cup onion diced
- ☐ 4 servings salt to taste
- ☐ 12 mushroom caps
- ☐ 4 chicken breast halves boneless skinless

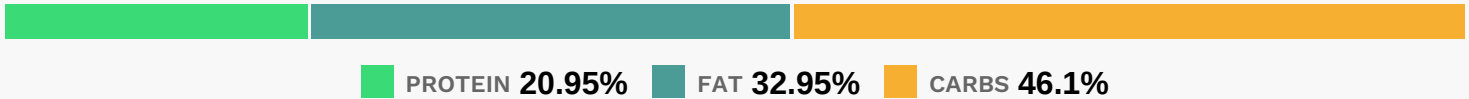
Equipment

- ☐ frying pan
- ☐ pot
- ☐ cutting board

Directions

- ☐ 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.
- ☐ Melt butter in a large skillet over medium heat. Cook chicken until no longer pink, and juices run clear.
- ☐ Transfer chicken to a cutting board, and thinly slice; set aside.
- ☐ Saute onion until tender and translucent.
- ☐ Add mushrooms, and gradually stir in cream. Cook, stirring constantly, for 7 to 10 minutes, or until sauce is thickened. Stir in chicken, and season with salt and pepper. Cook 5 minutes, or until heated through. Toss with cooked pasta until evenly coated.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:35.21, Inflammation Score:-8, Nutrition Score:26.962608897168%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 802.97kcal (40.15%), Fat: 29.23g (44.97%), Saturated Fat: 16.47g (102.93%), Carbohydrates: 92.05g (30.68%), Net Carbohydrates: 86.65g (31.51%), Sugar: 6.62g (7.36%), Cholesterol: 147.08mg (49.03%), Sodium: 375.12mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.81g (83.63%), Selenium: 112.22µg (160.31%), Vitamin B3: 15.42mg (77.11%), Manganese: 1.37mg (68.58%), Vitamin B6: 1.18mg (58.99%), Phosphorus: 542.18mg (54.22%), Vitamin B5: 2.93mg (29.3%), Magnesium: 106.69mg (26.67%), Potassium: 905.2mg (25.86%), Vitamin B2:

0.39mg (23.14%), Copper: 0.45mg (22.62%), Fiber: 5.4g (21.59%), Vitamin A: 1004.62IU (20.09%), Zinc: 2.89mg (19.23%), Vitamin B1: 0.2mg (13.57%), Iron: 2.31mg (12.86%), Folate: 36.93µg (9.23%), Vitamin D: 1.23µg (8.22%), Calcium: 81.78mg (8.18%), Vitamin E: 0.99mg (6.58%), Vitamin B12: 0.33µg (5.45%), Vitamin K: 5.02µg (4.78%), Vitamin C: 3.19mg (3.87%)