



Restaurant-Style Chicken Scampi

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups four cheese alfredo sauce
- 1 pound chicken tenderloins raw
- 0.3 cup flour all-purpose
- 0.5 cup parsley fresh chopped
- 2 tablespoons garlic chopped
- 1 bell pepper green cut into 1/2 inch wide strips
- 1 teaspoon olive oil
- 1 onion chopped

- 1 bell pepper red cut into 1/2 inch wide strips
- 16 ounce pasta like spaghetti
- 1 bell peppers yellow cut into 1/2 inch wide strips

Equipment

- bowl
- frying pan
- paper towels
- pot
- ziploc bags

Directions

- Place chicken and flour in a large resealable plastic bag; seal bag and shake to coat.
- Heat 2 teaspoons olive oil in a large skillet over medium heat. Shake excess flour off chicken; cook and stir in hot oil for 4 to 5 minutes each side, or until golden brown and cooked through (juices run clear).
- Remove from skillet and place in a medium bowl; set aside.
- Bring a large pot of lightly salted water to a boil.
- Add spaghetti and cook for 8 to 10 minutes or until al dente; drain, reserving 2/3 cup cooking water, and return pasta to pot. Set aside pasta and cooking water.
- Wipe skillet with paper towel.
- Heat 1 teaspoon oil in skillet over medium heat.
- Add green bell pepper, red bell pepper, yellow bell pepper, onion, and garlic and cook and stir for 3 minutes. Cover, reduce heat to low and cook 3 minutes more or until vegetables are tender.
- Stir in Alfredo sauce, cover and heat for 1 to 2 minutes.
- Remove from heat and add to reserved pasta in pot, then add reserved cooking water and chicken. Toss to mix, pour into serving bowls and sprinkle with fresh chopped parsley.

Nutrition Facts



■ PROTEIN **22.67%** ■ FAT **24.52%** ■ CARBS **52.81%**

Properties

Glycemic Index:41.33, Glycemic Load:26.55, Inflammation Score:-8, Nutrition Score:27.556521664495%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 530.69kcal (26.53%), Fat: 14.19g (21.83%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 68.75g (22.92%), Net Carbohydrates: 64.73g (23.54%), Sugar: 5.18g (5.76%), Cholesterol: 89.06mg (29.69%), Sodium: 514.82mg (22.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.03%), Selenium: 74.29µg (106.13%), Vitamin C: 87.47mg (106.03%), Vitamin K: 85.2µg (81.14%), Vitamin B3: 10.05mg (50.24%), Manganese: 0.89mg (44.3%), Vitamin B6: 0.87mg (43.55%), Phosphorus: 333.44mg (33.34%), Vitamin A: 1178.52IU (23.57%), Potassium: 637.64mg (18.22%), Magnesium: 72.61mg (18.15%), Fiber: 4.02g (16.1%), Vitamin B5: 1.6mg (16%), Copper: 0.31mg (15.33%), Vitamin B1: 0.2mg (13.53%), Folate: 53.59µg (13.4%), Iron: 2.15mg (11.92%), Zinc: 1.77mg (11.77%), Vitamin B2: 0.19mg (10.99%), Vitamin E: 0.76mg (5.04%), Calcium: 41.94mg (4.19%), Vitamin B12: 0.15µg (2.52%)