

Skinny and Spicy Chicken Fettuccine Alfredo

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-asparagus-recipes>

Ingredients:

- 6 ounces dried fettuccine
- 1 box pasta
- 2 tablespoons olive oil
- 1/4 cup onion chopped
- 2 garlic cloves minced
- 1/2 bunch asparagus or broccoli cut into bite size pieces
- 2 1/2 cups chicken shredded rotisserie chicken
- 1/3 cup toasted pine nuts
- 1 tablespoon butter
- 1 flour TB
- 1 cup skim milk
- 1 tablespoon lemon juice
- 1/4 cup grated Parmesan cheese
- pepper
- salt
- red pepper flakes optional

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 85 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 43 grams
7. SaturatedFat: 5 grams
8. Sodium: 370 milligrams
9. Sugar: 8 grams

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