

Chicken Scampi

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/livestrong-chicken-tenderloins-italian-recipe>

Ingredients:

- 1 pound linguini or spaghetti or angel hair pasta
- 1 1/2 pounds chicken boneless and skinless, cut into 1 inch cubes
- 2 tablespoons cornstarch
- 1 teaspoon Italian seasoning
- salt
- pepper
- 1/4 cup olive oil
- 1/4 cup butter unsalted
- 6 cloves garlic minced
- 1/2 teaspoon red pepper flakes
- 1 cup dry white wine
- 2 tablespoons lemon juice
- 1/4 cup fresh parsley chopped
- 3/4 cup Parmesan cheese freshly grated

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 130 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 9 grams
8. Sodium: 480 milligrams
9. Sugar: 1 grams

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