

# Chicken Alfredo

Yield: 2 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-chicken-alfredo-recipe>

## Ingredients:

- 8 ounces dried pasta egg noodles or fettuccine
- 15 ounces Alfredo sauce jar of
- 1 cup chicken fresh or frozen precooked, dice into ¼" squares, then measure
- 2 teaspoons chicken base
- 1 tablespoon roasted garlic
- 1/2 teaspoon ground pepper coarsely
- Parmesan cheese for garnish, optional

## Nutrition:

1. Calories: 1160 calories
2. Carbohydrate: 87 grams
3. Cholesterol: 190 milligrams
4. Fat: 66 grams
5. Fiber: 4 grams
6. Protein: 51 grams
7. SaturatedFat: 24 grams
8. Sodium: 4580 milligrams
9. Sugar: 9 grams

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