

Cajun Chicken Alfredo

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-cajun-recipe>

Ingredients:

- 8 ounces fettuccine pasta cooked according to package directions and drained
- 2 tablespoons Cajun seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon cracked black pepper freshly
- 1 1/2 pounds boneless, skinless chicken breasts cut into bite-sized pieces
- 2 tablespoons unsalted butter
- 1/2 cup unsalted butter
- 1 tablespoon minced garlic freshly
- 8 ounces cream cheese cubed
- 1/2 teaspoon Italian seasoning
- 2 cups whole milk
- 2 cups grated Parmesan cheese
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped parsley fresh, for garnish, optional

Nutrition:

1. Calories: 1150 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 305 milligrams
4. Fat: 73 grams
5. Fiber: 2 grams
6. Protein: 70 grams
7. SaturatedFat: 42 grams
8. Sodium: 1500 milligrams
9. Sugar: 10 grams

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