

Alfredo Blue

READY IN



35 min.

SERVINGS



8

CALORIES



494 kcal

SIDE DISH

Ingredients

- 4 ounces cheese blue crumbled
- 1 clove garlic sliced
- 2 cups heavy cream
- 1 tablespoon penzey's southwest seasoning italian
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated
- 16 ounce fettuccini pasta
- 8 servings salt and pepper to taste

Equipment

- frying pan
- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
- Heat olive oil in a small skillet over medium heat.
- Saute garlic in olive oil until golden.
- Remove garlic, and reserve oil.
- In a medium saucepan over medium-low heat, combine blue cheese, Parmesan cheese, and cream. Stir until cheeses are melted. Stir in the oil from the garlic pan. Season with Italian seasoning, salt, and pepper.
- Toss sauce with hot pasta, and let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 10.6% **FAT 52.81%** **CARBS 36.59%**

Properties

Glycemic Index:13, Glycemic Load:17.15, Inflammation Score:-6, Nutrition Score:11.450000133203%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 493.53kcal (24.68%), Fat: 29.06g (44.7%), Saturated Fat: 17.23g (107.68%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 43.21g (15.71%), Sugar: 3.35g (3.73%), Cholesterol: 80.58mg (26.86%), Sodium: 431.21mg (18.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.24%), Selenium: 40.85µg (58.36%), Manganese: 0.56mg (28.12%), Phosphorus: 217.84mg (21.78%), Vitamin A: 1020.5IU (20.41%), Calcium: 164.44mg (16.44%), Vitamin B2: 0.21mg (12.62%), Magnesium: 40.36mg (10.09%), Zinc: 1.48mg (9.84%), Copper: 0.18mg (9.13%), Fiber: 2.09g (8.35%), Vitamin K: 7.3µg (6.95%), Vitamin B6: 0.14mg (6.93%), Vitamin D: 1.04µg (6.92%),

Vitamin E: 1.03mg (6.85%), Potassium: 234.44mg (6.7%), Vitamin B5: 0.66mg (6.59%), Iron: 1.1mg (6.12%), Vitamin B3: 1.18mg (5.9%), Vitamin B12: 0.31µg (5.17%), Folate: 19.37µg (4.84%), Vitamin B1: 0.07mg (4.65%)