



Alfredo Light

READY IN



40 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

Ingredients

- 16 ounce broccoli florets frozen
- 1 cup chicken broth
- 3 tablespoons flour all-purpose
- 1 clove garlic minced
- 0.3 teaspoon pepper black
- 1 onion chopped
- 0.5 cup parmesan cheese grated
- 16 ounces soup noodles dry
- 0.5 teaspoon salt

- 2 cups skim milk
- 2 teaspoons vegetable oil

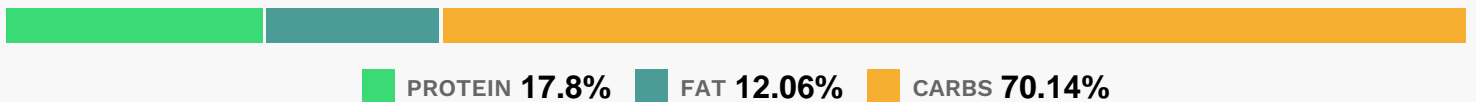
Equipment

- bowl
- sauce pan

Directions

- In a medium saucepan, heat oil over medium heat.
- Add onion and garlic, and saute until golden brown.
- In a small saucepan, stir together milk, chicken broth, flour, salt and pepper over low heat until smooth and thick. Stir into onion mixture. Continue to cook over medium low heat, stirring frequently, until the sauce is thick. Stir in Parmesan cheese.
- Meanwhile, cook pasta in boiling water.
- Add broccoli to the pasta for the last several minutes of cooking. Continue cooking until the pasta is al dente.
- Drain the pasta and vegetables, and transfer to a large bowl. Toss with sauce.
- Serve.

Nutrition Facts



Properties

Glycemic Index:33.91, Glycemic Load:20.63, Inflammation Score:-7, Nutrition Score:18.431739122971%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 304.93kcal (15.25%), Fat: 4.1g (6.3%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 53.6g (17.87%), Net Carbohydrates: 49.97g (18.17%), Sugar: 6.3g (7%), Cholesterol: 7.86mg (2.62%), Sodium: 411.61mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.21%), Vitamin C: 51.71mg (62.68%), Selenium: 41.86µg (59.8%), Vitamin K: 60.24µg (57.37%), Manganese: 0.71mg (35.56%), Phosphorus: 258.62mg (25.86%), Calcium: 180.46mg (18.05%), Fiber: 3.62g (14.49%), Vitamin B2: 0.24mg (13.98%), Folate: 55.31µg (13.83%), Magnesium: 53.99mg (13.5%), Potassium: 450.13mg (12.86%), Vitamin B6: 0.24mg (12.14%), Zinc: 1.65mg (10.98%), Vitamin B1: 0.16mg (10.84%), Vitamin A: 533.49IU (10.67%), Copper: 0.21mg (10.56%), Vitamin B5: 0.84mg (8.43%), Vitamin B3: 1.65mg (8.27%), Iron: 1.37mg (7.63%), Vitamin B12: 0.45µg (7.43%), Vitamin D: 0.7µg (4.7%), Vitamin E: 0.65mg (4.3%)