



Alfredo Mostaccioli

 **Gluten Free**

READY IN



25 min.

SERVINGS



8

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup butter
- 1 cup parsley fresh chopped
- 0.1 teaspoon garlic powder
- 1 cup heavy whipping cream
- 0.5 cup parmesan cheese grated
- 1 teaspoon salt

Equipment

- sauce pan
- pot
- dutch oven

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Combine heavy cream and butter in a Dutch oven or large, heavy saucepan over medium heat.
- Heat until butter melts, stirring occasionally; be careful not to bring mixture to a boil. Stir in Parmesan cheese, parsley, salt, pepper and garlic powder. Toss with cooked pasta and serve immediately.

Nutrition Facts

PROTEIN 5.14% **FAT 91.19%** **CARBS 3.67%**

Properties

Glycemic Index:14.88, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:8.659999995128%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 232.2kcal (11.61%), Fat: 24.06g (37.01%), Saturated Fat: 15.11g (94.47%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.91g (0.69%), Sugar: 0.95g (1.05%), Cholesterol: 69.56mg (23.19%), Sodium: 503.56mg (21.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin K: 125.15µg (119.19%), Vitamin A: 1478.07IU (29.56%), Vitamin C: 10.15mg (12.31%), Calcium: 89.13mg (8.91%), Phosphorus: 64.93mg (6.49%), Vitamin B2: 0.09mg (5.28%), Selenium: 3.24µg (4.63%), Vitamin E: 0.69mg (4.61%), Vitamin D: 0.51µg (3.38%), Folate: 13.42µg (3.36%), Iron: 0.54mg (2.98%), Zinc: 0.44mg (2.92%), Vitamin B12: 0.16µg (2.6%), Potassium: 86.17mg (2.46%), Magnesium: 8.45mg (2.11%), Vitamin B5: 0.14mg (1.43%), Manganese: 0.03mg (1.34%), Vitamin B6: 0.02mg (1.18%), Fiber: 0.27g (1.07%)