



Alfredo Sauce (with fettuccine)

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 pound fettuccine barilla uncooked
- ☐ 1.3 cups half and half
- ☐ 3 ounces parmesan fresh grated
- ☐ 0.5 teaspoon salt

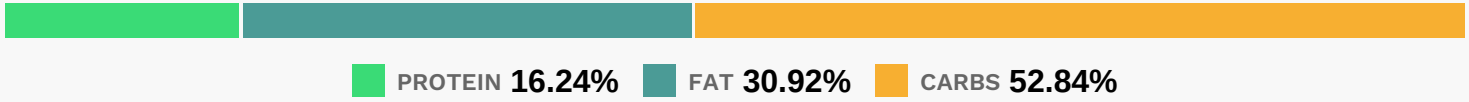
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add half-and-half, cheese, salt, and pepper; cook 1 minute, stirring constantly. Reduce heat; add pasta, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:22.74, Inflammation Score:-5, Nutrition Score:14.265217327553%

Nutrients (% of daily need)

Calories: 428.85kcal (21.44%), Fat: 14.71g (22.63%), Saturated Fat: 7.96g (49.77%), Carbohydrates: 56.56g (18.85%), Net Carbohydrates: 54.04g (19.65%), Sugar: 3.62g (4.02%), Cholesterol: 95.8mg (31.93%), Sodium: 482.52mg (20.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Selenium: 64.4µg (92%), Manganese: 0.66mg (33.04%), Phosphorus: 329.15mg (32.92%), Calcium: 249.28mg (24.93%), Magnesium: 55.32mg (13.83%), Zinc: 2.04mg (13.61%), Vitamin B2: 0.21mg (12.58%), Copper: 0.23mg (11.74%), Vitamin B6: 0.2mg (10.09%), Fiber: 2.52g (10.06%), Vitamin B1: 0.15mg (9.96%), Vitamin B5: 0.9mg (9.03%), Iron: 1.59mg (8.82%), Vitamin B3: 1.68mg (8.41%), Vitamin B12: 0.49µg (8.15%), Vitamin A: 394.82IU (7.9%), Potassium: 265.76mg (7.59%), Folate: 24.51µg (6.13%), Vitamin E: 0.49mg (3.28%), Vitamin D: 0.3µg (1.98%), Vitamin K: 1.57µg (1.5%)