



Blue Cheese Noodles

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounce cheese blue crumbled
- ☐ 0.5 cup butter
- ☐ 0.5 teaspoon canola oil
- ☐ 1 tablespoon chicken soup base
- ☐ 12 ounce fettuccine barilla uncooked
- ☐ 0.3 teaspoon garlic powder
- ☐ 6 green onions sliced
- ☐ 1 teaspoon seasoned pepper
- ☐ 8 ounce cup heavy whipping cream sour

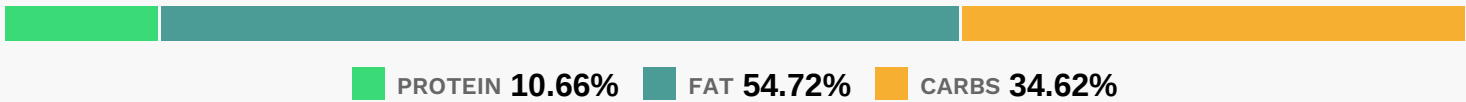
Equipment

☐ frying pan

Directions

- ☐ Cook fettuccine according to package directions, adding oil and bouillon granules to water; drain and keep warm.
- ☐ Melt butter in a large skillet; add green onions, and saut until tender.
- ☐ Add cheese; reduce heat, and cook, stirring constantly, 5 minutes or until melted.
- ☐ Remove from heat; stir in sour cream, pepper, and garlic powder.
- ☐ Add fettuccine, tossing to coat; serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:17.3, Inflammation Score:-7, Nutrition Score:14.102173836335%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 505.56kcal (25.28%), Fat: 30.99g (47.67%), Saturated Fat: 11.24g (70.26%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 41.83g (15.21%), Sugar: 2.88g (3.2%), Cholesterol: 84.21mg (28.07%), Sodium: 620.38mg (26.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.16%), Selenium: 49.17µg (70.24%), Manganese: 0.55mg (27.74%), Vitamin K: 26.93µg (25.65%), Phosphorus: 249.73mg (24.97%), Vitamin A: 1212.98IU (24.26%), Calcium: 175.26mg (17.53%), Vitamin B2: 0.21mg (12.22%), Zinc: 1.77mg (11.81%), Magnesium: 45.11mg (11.28%), Vitamin B5: 1.01mg (10.06%), Copper: 0.2mg (9.89%), Fiber: 2.28g (9.11%), Vitamin B6: 0.18mg (9.11%), Folate: 33.77µg (8.44%), Vitamin B12: 0.5µg (8.26%), Potassium: 283.54mg (8.1%), Vitamin B1: 0.12mg (7.98%), Iron: 1.39mg (7.71%), Vitamin B3: 1.51mg (7.56%), Vitamin E: 1.12mg (7.46%), Vitamin C: 2.64mg (3.21%), Vitamin D: 0.26µg (1.76%)