



Bourbon-Pecan Alfredo

READY IN



45 min.

SERVINGS



2

CALORIES



1421 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup bourbon
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 6 ounces pasta uncooked
- ☐ 1 cup parmesan cheese shredded refrigerated
- ☐ 0.5 cup pecans toasted
- ☐ 1 cup whipping cream

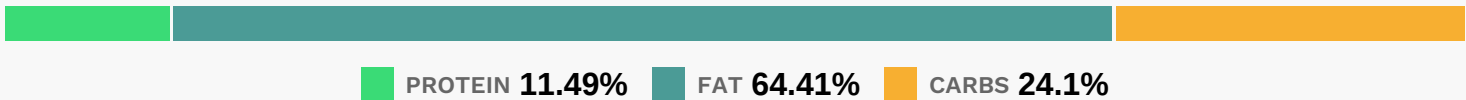
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions; drain and keep warm.
- ☐ Melt butter in a large skillet over medium-high heat; add garlic, and saut until tender.
- ☐ Add 1/2 cup bourbon, and cook, stirring constantly, 3 to 5 minutes. Stir in whipping cream and cheese. Cook over low heat, stirring constantly, until cheese melts. Gradually stir in remaining 1/4 cup bourbon; stir in pecans and parsley.
- ☐ Pour over pasta; toss.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:26.54, Inflammation Score:-9, Nutrition Score:32.887391256249%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1421.13kcal (71.06%), Fat: 88.1g (135.54%), Saturated Fat: 39.84g (249.01%), Carbohydrates: 74.15g (24.72%), Net Carbohydrates: 68.59g (24.94%), Sugar: 7.31g (8.12%), Cholesterol: 168.47mg (56.16%), Sodium: 974.16mg (42.35%), Alcohol: 30.06g (100%), Alcohol %: 9.67% (100%), Protein: 35.37g (70.75%), Manganese: 2.12mg (105.76%), Selenium: 70.25µg (100.36%), Calcium: 725.34mg (72.53%), Vitamin K: 71.37µg (67.97%),

Phosphorus: 668.27mg (66.83%), Vitamin A: 2993.21IU (59.86%), Copper: 0.64mg (32.01%), Vitamin B2: 0.49mg (29.05%), Zinc: 4.23mg (28.17%), Magnesium: 111.92mg (27.98%), Fiber: 5.56g (22.26%), Vitamin B1: 0.32mg (21.26%), Vitamin B6: 0.33mg (16.34%), Iron: 2.68mg (14.91%), Potassium: 508.32mg (14.52%), Vitamin D: 2.15µg (14.36%), Vitamin E: 2.15mg (14.32%), Vitamin B12: 0.8µg (13.41%), Vitamin B5: 1.19mg (11.86%), Vitamin B3: 2.08mg (10.38%), Vitamin C: 7.77mg (9.41%), Folate: 35.92µg (8.98%)