



Creamy Alfredo Pasta

READY IN



17 min.

SERVINGS



8

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 1 tablespoon parsley fresh chopped
- 2 garlic cloves pressed
- 2 cups half-and-half
- 1 cup parmesan cheese fresh finely grated
- 16 oz cellentani) pasta (corkscrew-shaped
- 8 servings pepper freshly ground to taste
- 0.3 teaspoon salt

Equipment

- sauce pan
- whisk

Directions

- Prepare pasta according to package directions.
- Meanwhile, cook half-and-half and next 2 ingredients in a large heavy nonaluminum saucepan over medium heat, whisking often, 12 minutes or until reduced by one-third (do not boil).
- Remove from heat.
- Whisk in cheese, next 2 ingredients, and desired amount of pepper until sauce is smooth. Toss sauce with hot cooked pasta.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:17.22, Inflammation Score:-5, Nutrition Score:10.90086957294%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 407.97kcal (20.4%), Fat: 18.72g (28.81%), Saturated Fat: 11.33g (70.79%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 43.82g (15.93%), Sugar: 4.13g (4.59%), Cholesterol: 50.01mg (16.67%), Sodium: 374.47mg (16.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Selenium: 40.79µg (58.27%), Manganese: 0.55mg (27.47%), Phosphorus: 255.25mg (25.53%), Calcium: 229.45mg (22.94%), Vitamin A: 590.89IU (11.82%), Vitamin B2: 0.2mg (11.62%), Magnesium: 42.4mg (10.6%), Vitamin K: 10.09µg (9.61%), Zinc: 1.4mg (9.35%), Copper: 0.18mg (8.88%), Fiber: 1.87g (7.49%), Vitamin B6: 0.13mg (6.62%), Potassium: 227.19mg (6.49%), Vitamin B3: 1.08mg (5.4%), Iron: 0.93mg (5.14%), Vitamin B1: 0.08mg (5.1%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.28µg (4.68%), Folate: 13.98µg (3.49%), Vitamin E: 0.47mg (3.11%), Vitamin C: 1.44mg (1.75%)