



Creamy Fettuccine with Peas and Ham

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon butter
- ☐ 9 ounce fettuccine barilla fresh
- ☐ 0.7 cup half-and-half
- ☐ 4 ounces ham thinly sliced cut into 1/4-inch-wide strips reduced-fat
- ☐ 1 ounce preshredded parmesan cheese fresh
- ☐ 1 cup peas green frozen

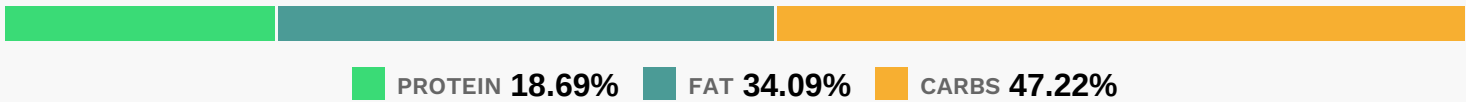
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While pasta cooks, melt butter in a large nonstick skillet over medium heat.
- ☐ Add garlic; cook 1 minute, stirring constantly.
- ☐ Add peas, half-and-half, cheese, and pepper. Bring to a simmer. Cook 3 minutes, stirring frequently (do not boil). Stir in pasta and ham.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:20.67, Inflammation Score:-6, Nutrition Score:18.046521995379%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 451.08kcal (22.55%), Fat: 17.05g (26.23%), Saturated Fat: 8.27g (51.71%), Carbohydrates: 53.14g (17.71%), Net Carbohydrates: 48.91g (17.79%), Sugar: 4.99g (5.55%), Cholesterol: 97.62mg (32.54%), Sodium: 512.6mg (22.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.03g (42.06%), Selenium: 60.46µg (86.37%), Manganese: 0.74mg (36.83%), Phosphorus: 344mg (34.4%), Vitamin B1: 0.39mg (26.19%), Vitamin C: 15.25mg (18.49%), Zinc: 2.7mg (18.02%), Vitamin B6: 0.35mg (17.47%), Vitamin B3: 3.44mg (17.18%), Fiber: 4.23g (16.92%), Calcium: 164.1mg (16.41%), Vitamin B2: 0.27mg (16.03%), Magnesium: 62.09mg (15.52%), Copper: 0.29mg (14.4%), Vitamin A: 603.25IU (12.07%), Iron: 2.1mg (11.69%), Potassium: 392.44mg (11.21%), Folate: 44.78µg (11.2%), Vitamin K: 10.42µg (9.93%), Vitamin B5: 0.91mg (9.11%), Vitamin B12: 0.53µg (8.9%), Vitamin E: 0.59mg (3.9%), Vitamin D: 0.43µg (2.83%)