



Creamy Spinach and Mushroom Alfredo

 Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce alfredo sauce light (such as Buitoni)
- ☐ 2 cups firmly baby spinach fresh packed coarsely chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup milk fat-free
- ☐ 2 large garlic cloves minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 cup mushrooms coarsely chopped
- ☐ 1 teaspoon olive oil

- ☐ 1 ounce parmesan cheese shredded
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces no-yolk dumplings uncooked

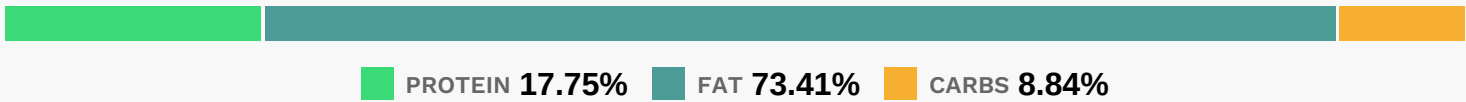
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook dumplings according to package directions, omitting salt and fat.
- ☐ Meanwhile, heat olive oil in a large nonstick skillet over medium heat. Saut mushrooms 2 minutes or until soft.
- ☐ Add garlic; saut 1 minute. Reduce heat to low; stir in Alfredo sauce and next 3 ingredients. Stir in spinach. Cook 3 minutes or until thoroughly heated and spinach wilts.
- ☐ In a large bowl, combine dumplings and sauce.
- ☐ Sprinkle with cheese and black pepper; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.06, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:20.015652055326%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 368.79kcal (18.44%), Fat: 29.68g (45.66%), Saturated Fat: 12.58g (78.64%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.39g (2.69%), Sugar: 3.63g (4.03%), Cholesterol: 664.58mg (221.53%), Sodium: 788.36mg (34.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.3%), Vitamin K: 73.8µg (70.29%),

Selenium: 36.56µg (52.23%), Vitamin A: 2342.86IU (46.86%), Phosphorus: 333.7mg (33.37%), Folate: 117.18µg (29.3%), Vitamin B2: 0.49mg (28.81%), Vitamin D: 3.48µg (23.21%), Vitamin B12: 1.38µg (22.97%), Vitamin B5: 2.22mg (22.16%), Calcium: 216.54mg (21.65%), Vitamin B6: 0.3mg (14.8%), Vitamin E: 1.93mg (12.88%), Zinc: 1.86mg (12.41%), Iron: 2.18mg (12.1%), Manganese: 0.22mg (11.13%), Vitamin B1: 0.15mg (10.28%), Potassium: 287.42mg (8.21%), Copper: 0.15mg (7.46%), Vitamin C: 5.19mg (6.29%), Magnesium: 24.35mg (6.09%), Vitamin B3: 1.06mg (5.28%), Fiber: 0.65g (2.58%)