



Easy Fettucine Alfredo

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon basil dried
- 1 cup evaporated skim milk
- 1 pinch pepper black
- 1 juice of lemon juiced
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated
- 8 ounces soup noodles dry

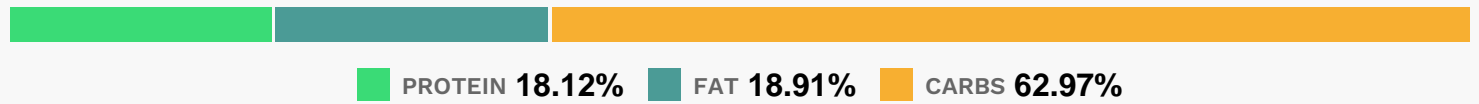
Equipment

frying pan

Directions

- Cook pasta according to package directions.
- Drain; immediately return to pan.
- Add olive oil; toss to coat.
- Add evaporated milk, 1/3 cup Parmesan cheese, dried basil, lemon juice, and pepper. Cook over medium-high heat until bubbly, stirring constantly. Top with additional Parmesan cheese and fresh basil.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:17.02, Inflammation Score:-5, Nutrition Score:12.027391267859%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 328.3kcal (16.42%), Fat: 6.84g (10.53%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 49.37g (17.95%), Sugar: 9.01g (10.01%), Cholesterol: 9.81mg (3.27%), Sodium: 223.08mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.5%), Selenium: 40.36µg (57.66%), Phosphorus: 285.78mg (28.58%), Calcium: 274.57mg (27.46%), Manganese: 0.55mg (27.36%), Vitamin B2: 0.26mg (15.48%), Magnesium: 51.63mg (12.91%), Zinc: 1.75mg (11.66%), Potassium: 365.63mg (10.45%), Copper: 0.18mg (9.08%), Vitamin D: 1.32µg (8.81%), Fiber: 1.89g (7.56%), Vitamin B5: 0.75mg (7.55%), Vitamin A: 325.76IU (6.52%), Vitamin B6: 0.13mg (6.38%), Iron: 1.1mg (6.11%), Vitamin B1: 0.08mg (5.6%), Vitamin B3: 1.1mg (5.47%), Folate: 18.36µg (4.59%), Vitamin C: 3.67mg (4.45%), Vitamin B12: 0.27µg (4.44%), Vitamin K: 4.49µg (4.28%), Vitamin E: 0.63mg (4.23%)