



Fettuccine Alfredo

READY IN



20 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 4 oz philadelphia cream cheese cubed ()
- 0.5 lb fettuccine barilla uncooked
- 0.1 tsp garlic powder
- 0.1 tsp ground nutmeg
- 0.8 cup milk
- 0.3 cup parmesan cheese grated kraft
- 0.3 tsp pepper white

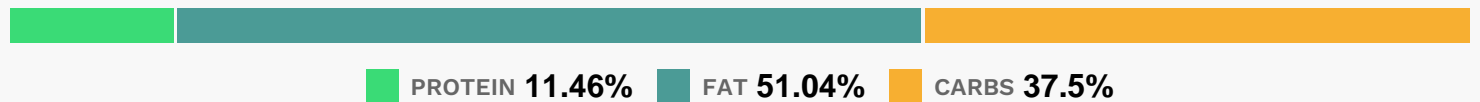
Equipment

- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt.
- Meanwhile, cook all remaining ingredients except nutmeg in saucepan on low heat until cream cheese is completely melted and mixture is well blended, stirring constantly.
- Drain pasta; return to pan.
- Add sauce; toss to evenly coat.
- Sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:3.64, Inflammation Score:-2, Nutrition Score:2.534347842083%

Nutrients (% of daily need)

Calories: 96.52kcal (4.83%), Fat: 5.5g (8.47%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.71g (3.17%), Sugar: 0.87g (0.97%), Cholesterol: 17.8mg (5.93%), Sodium: 79.6mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Selenium: 10.19µg (14.55%), Phosphorus: 54.02mg (5.4%), Manganese: 0.1mg (5.06%), Vitamin A: 213.93IU (4.28%), Calcium: 36.43mg (3.64%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.36mg (2.38%), Magnesium: 8.92mg (2.23%), Vitamin B12: 0.12µg (2%), Copper: 0.04mg (1.8%), Vitamin B5: 0.18mg (1.78%), Vitamin B1: 0.03mg (1.77%), Vitamin B6: 0.04mg (1.76%), Fiber: 0.39g (1.55%), Potassium: 53.44mg (1.53%), Iron: 0.23mg (1.31%), Vitamin E: 0.19mg (1.28%), Vitamin B3: 0.26mg (1.28%)