



Fettuccine Alfredo

READY IN



30 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 4 cups fettuccine barilla hot cooked uncooked (8 ounces pasta)
- 1 tablespoon flour all-purpose
- 2 teaspoons flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 1.3 cups milk 1% low-fat
- 1.3 cups parmigiano-reggiano cheese fresh shredded divided
- 0.5 teaspoon salt

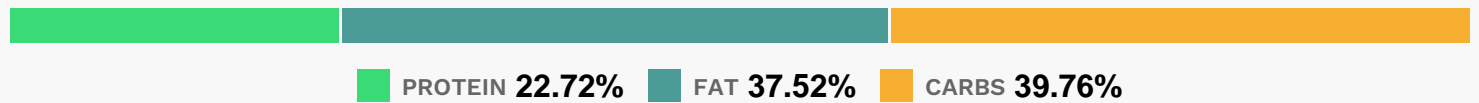
Equipment

- sauce pan
- whisk

Directions

- Melt butter in a medium saucepan over medium heat.
- Add garlic; cook 1 minute, stirring frequently. Stir in flour. Gradually add milk, stirring with a whisk. Cook 6 minutes or until mixture thickens, stirring constantly.
- Add 1 cup Parmigiano-Reggiano cheese, cream cheese, and salt, stirring with a whisk until cheeses melt. Toss sauce with hot pasta.
- Sprinkle with remaining 1/4 cup Parmigiano-Reggiano cheese and chopped parsley.
- Garnish with black pepper, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:13.79, Inflammation Score:-5, Nutrition Score:12.262608787288%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 332.64kcal (16.63%), Fat: 13.82g (21.26%), Saturated Fat: 7.81g (48.81%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 31.62g (11.5%), Sugar: 4.59g (5.1%), Cholesterol: 62.58mg (20.86%), Sodium: 849.97mg (36.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.65%), Selenium: 34.18µg (48.84%), Calcium: 485.57mg (48.56%), Phosphorus: 381.37mg (38.14%), Manganese: 0.37mg (18.59%), Vitamin B12: 0.95µg (15.89%), Vitamin B2: 0.25mg (14.51%), Zinc: 1.9mg (12.68%), Magnesium: 45.71mg (11.43%), Vitamin A: 511.69IU (10.23%), Vitamin D: 1.12µg (7.5%), Vitamin B5: 0.72mg (7.18%), Vitamin B6: 0.14mg (7.13%), Vitamin B1: 0.11mg (7.06%), Copper: 0.12mg (5.96%), Potassium: 202.17mg (5.78%), Iron: 0.99mg (5.52%), Fiber: 1.32g (5.28%), Folate:

14.63µg (3.66%), Vitamin B3: 0.71mg (3.54%), Vitamin E: 0.34mg (2.29%), Vitamin K: 1.71µg (1.62%)