



Fettuccine Alfredo

READY IN



60 min.

SERVINGS



4

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cauliflower florets
- 1 tablespoon parsley fresh chopped for garnish
- 2 cloves garlic minced
- 4 servings kosher salt and pepper freshly ground
- 1.5 teaspoons lemon zest finely grated
- 0.5 cup evaporated milk low-fat
- 1 cup chicken broth low-sodium
- 1 teaspoon olive oil extra-virgin
- 0.3 cup parmesan cheese grated

- 4 ounces peas frozen thawed
- 1 tablespoon butter unsalted
- 8 ounces grain fettuccine pasta whole

Equipment

- frying pan
- pot
- blender

Directions

- Put the cauliflower, broth, and 1 cup water in a small pot; bring to a boil over medium-high heat. Adjust the heat to maintain a simmer and cook until the cauliflower is very soft, 25 to 30 minutes.
- Remove from the heat and cool 5 minutes. Carefully puree cauliflower and all the liquid in a blender until very smooth; set aside.
- Meanwhile, bring a large pot of salted water to a boil and cook the pasta until al dente, 8 minutes.
- Drain well, reserving about 1 cup pasta cooking water.
- Heat the oil in a large skillet over medium heat.
- Add the garlic and cook until fragrant, about 30 seconds.
- Add the cauliflower puree and evaporated milk and bring to a simmer. Cook until slightly thickened, 5 minutes and season with salt and pepper. Stir in the peas until heated through, 2 minutes. Toss in the cooked pasta, Parmesan cheese and about 1/2 cup of pasta water until the noodles are coated but the sauce is still loose.
- Remove from the heat and toss in the butter, chopped parsley and lemon zest. (If the sauce seems thick, adjust the consistency with the remaining pasta water).
- Serve immediately sprinkled with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:50.46, Glycemic Load:27.44, Inflammation Score:-5, Nutrition Score:10.060869551223%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 337.15kcal (16.86%), Fat: 7.76g (11.93%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 56.48g (18.83%), Net Carbohydrates: 49.67g (18.06%), Sugar: 6.91g (7.68%), Cholesterol: 18.4mg (6.13%), Sodium: 386.11mg (16.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.75%), Vitamin C: 38.21mg (46.31%), Vitamin K: 32.16µg (30.63%), Fiber: 6.81g (27.23%), Folate: 49.07µg (12.27%), Phosphorus: 113.75mg (11.37%), Manganese: 0.23mg (11.32%), Calcium: 90.41mg (9.04%), Vitamin A: 445.39IU (8.91%), Vitamin B6: 0.17mg (8.59%), Vitamin B3: 1.69mg (8.44%), Potassium: 294.56mg (8.42%), Vitamin B1: 0.11mg (7.11%), Vitamin B2: 0.11mg (6.54%), Zinc: 0.85mg (5.67%), Copper: 0.11mg (5.47%), Magnesium: 20.7mg (5.17%), Iron: 0.88mg (4.89%), Selenium: 3.25µg (4.65%), Vitamin B5: 0.4mg (4.02%), Vitamin B12: 0.15µg (2.49%), Vitamin E: 0.34mg (2.3%)