



Fettuccine Alfredo

READY IN



25 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz fettuccine barilla uncooked
- 0.5 cup butter cut into pieces
- 0.5 cup whipping cream
- 0.8 cup parmesan cheese grated
- 0.5 teaspoon salt
- 0.1 teaspoon pepper white black
- 1 serving parsley fresh chopped

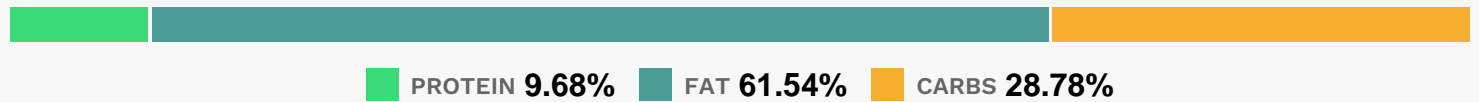
Equipment

- bowl
- frying pan

Directions

- Cook and drain fettuccine as directed on package.
- Meanwhile, in 10-inch skillet, heat butter and whipping cream over medium heat, stirring frequently, until butter is melted and mixture starts to bubble. Reduce heat to low; simmer uncovered 6 minutes, stirring frequently, until slightly thickened.
- Remove from heat. Stir in cheese, salt and pepper.
- In large bowl, toss fettuccine with sauce until well coated.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:16.98, Inflammation Score:-7, Nutrition Score:13.85695637309%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 601.81kcal (30.09%), Fat: 41.53g (63.89%), Saturated Fat: 25g (156.28%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 41.78g (15.19%), Sugar: 1.97g (2.19%), Cholesterol: 158.56mg (52.85%), Sodium: 821.76mg (35.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Selenium: 52.42µg (74.89%), Vitamin A: 1428IU (28.56%), Phosphorus: 280.27mg (28.03%), Manganese: 0.51mg (25.3%), Calcium: 213.77mg (21.38%), Vitamin K: 19.94µg (18.99%), Zinc: 2.01mg (13.4%), Vitamin B2: 0.18mg (10.73%), Magnesium: 42.66mg (10.67%), Copper: 0.18mg (9.07%), Vitamin B12: 0.51µg (8.56%), Vitamin E: 1.24mg (8.3%), Fiber: 1.92g (7.68%), Vitamin B6: 0.15mg (7.49%), Vitamin B1: 0.11mg (7.31%), Iron: 1.27mg (7.06%), Vitamin B5: 0.69mg (6.89%), Vitamin B3: 1.25mg (6.25%), Potassium: 213.56mg (6.1%), Folate: 21.14µg (5.28%), Vitamin D: 0.74µg (4.93%), Vitamin C: 1.52mg (1.84%)