



Fettuccine Alfredo

READY IN



25 min.

SERVINGS



6

CALORIES



399 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper white black
- 0.5 cup butter
- 8 oz fettuccine barilla uncooked
- 6 servings parsley fresh chopped
- 0.8 cup parmesan shredded
- 0.5 teaspoon salt
- 0.5 cup whipping cream

Equipment

sauce pan

pot

Directions

In large sauce pot, cook fettuccine as directed on package.

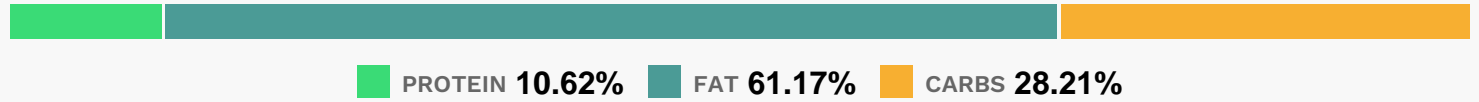
While fettuccine is cooking, in 2-quart saucepan, heat butter and whipping cream over low heat, stirring constantly, until butter is melted. Stir in cheese, salt and pepper.

Drain fettuccine; return to sauce pot.

Pour sauce over warm fettuccine; stir until fettuccine is well coated.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:11.45, Inflammation Score:-7, Nutrition Score:12.416086963985%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 399.16kcal (19.96%), Fat: 27.33g (42.04%), Saturated Fat: 10.22g (63.9%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 26.97g (9.81%), Sugar: 1.42g (1.58%), Cholesterol: 62.66mg (20.89%), Sodium: 587.96mg (25.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.36%), Vitamin K: 66.64µg (63.46%), Selenium: 33.2µg (47.43%), Vitamin A: 1426.22IU (28.52%), Phosphorus: 196.09mg (19.61%), Calcium: 185.75mg (18.57%), Manganese: 0.33mg (16.73%), Magnesium: 31.42mg (7.86%), Zinc: 1.16mg (7.74%), Vitamin B2: 0.12mg (7.28%), Vitamin C: 5.49mg (6.65%), Vitamin E: 0.97mg (6.44%), Copper: 0.12mg (6.25%), Iron: 1.1mg (6.09%), Fiber: 1.39g (5.56%), Vitamin B6: 0.11mg (5.27%), Vitamin B1: 0.08mg (5.23%), Vitamin B12: 0.31µg (5.17%), Vitamin B5: 0.48mg (4.84%), Folate: 18.9µg (4.73%), Vitamin B3: 0.9mg (4.49%), Potassium: 152.75mg (4.36%), Vitamin D: 0.49µg (3.29%)