



WHATSheATE



Fettuccine Alfredo

♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound fettuccine pasta dry
- ☐ 3 tablespoons butter unsalted
- ☐ 0.7 cup parmesan cheese finely grated
- ☐ 4 servings bell pepper black
- ☐ 0.5 cup heavy cream
- ☐ 4 servings ground nutmeg
- ☐ 4 servings additional cheese

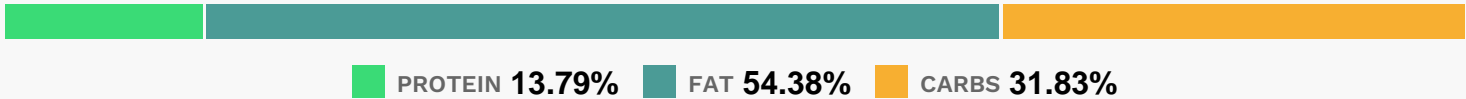
Equipment

- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Start the pasta: Bring a large pot of salty water to a boil and drop in your fettuccine.
- ☐ For the classic version: Melt the butter in a large sauté pan set over low heat. Once the butter has melted, turn the heat off.
- ☐ For the creamy version: Melt the butter in a large sauté pan set over low heat.
- ☐ Add the cream to the butter as it melts. Stir often to combine the two, keeping the heat at its lowest setting while the pasta cooks.
- ☐ Swirl pasta in the pan with butter: When the fettuccine is al dente (cooked, but still a little firm) lift it out of the pot with tongs and move the pasta to the sauté pan. Do not drain the pasta. You want it dripping wet with the cooking water.
- ☐ Turn on the heat under the sauté pan to medium and swirl the pasta and butter together to combine.
- ☐ Add half the cheese, then swirl and toss the pasta until it has incorporated into the sauce.
- ☐ If needed, add a few spoonfuls more of the pasta cooking water.
- ☐ Add the rest of the cheese and repeat.
- ☐ Serve at once with either a little black pepper (for classic version) or ground nutmeg (for creamy version) over the pasta.
- ☐ Leftovers keep for 3 to 5 days in the fridge, covered.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:17.63, Inflammation Score:-7, Nutrition Score:14.543477992649%

Nutrients (% of daily need)

Calories: 590.11kcal (29.51%), Fat: 35.71g (54.94%), Saturated Fat: 21.26g (132.85%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 44.78g (16.28%), Sugar: 3.07g (3.41%), Cholesterol: 100.69mg (33.56%), Sodium: 500.8mg (21.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.76%), Selenium: 51.19µg (73.13%), Calcium: 397.62mg (39.76%), Phosphorus: 374.42mg (37.44%), Manganese: 0.61mg (30.43%), Vitamin A: 1147.07IU (22.94%), Zinc: 2.75mg (18.31%), Vitamin B2: 0.28mg (16.74%), Magnesium: 50.11mg (12.53%), Copper: 0.21mg (10.36%), Vitamin B12: 0.61µg (10.14%), Fiber: 2.26g (9.02%), Vitamin B6: 0.13mg (6.45%), Potassium: 219.32mg (6.27%), Vitamin D: 0.9µg (5.98%), Vitamin E: 0.89mg (5.94%), Iron: 0.96mg (5.35%), Vitamin B3: 1.04mg (5.22%), Vitamin B1: 0.08mg (5.18%), Folate: 20.55µg (5.14%), Vitamin B5: 0.51mg (5.11%), Vitamin K: 2.91µg (2.77%)