

## Fettuccine Alfredo

READY IN



20 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 teaspoon pepper black as needed freshly ground plus more
- 1 pound fettuccine barilla
- 0.8 cup cup heavy whipping cream
- 0.3 teaspoon kosher salt as needed plus more
- 4 ounces parmesan cheese finely grated
- 5 tablespoons butter unsalted

### Equipment

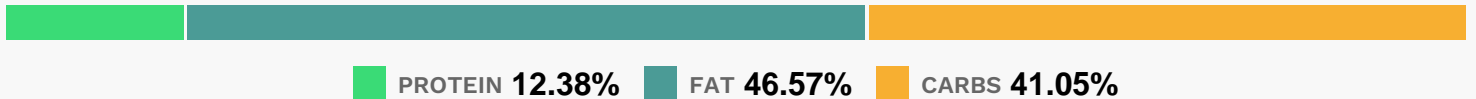
- frying pan

- whisk
- pot
- tongs

## Directions

- Bring a large pot of heavily salted water to a boil.
- Add the pasta, stir to separate the noodles, and cook according to the package directions until al dente. Meanwhile, heat the cream and butter in a large frying pan over medium heat until the butter has melted and the mixture has come to a simmer.
- Add 1/4 cup of the Parmesan and the measured pepper and salt and whisk until smooth.
- Remove the pan from the heat until the pasta is ready. Reserve 1 cup of the pasta water and drain the fettuccine.
- Add the noodles to the frying pan and return the pan to low heat.
- Add 2/3 cup of the reserved pasta water and 1 cup of the remaining Parmesan. Toss with tongs until all of the cheese has melted, adding additional pasta water as needed to reach the desired sauce consistency. Taste and season with salt and pepper.
- Serve immediately, passing the remaining 1/4 cup Parmesan for sprinkling.

## Nutrition Facts



## Properties

Glycemic Index:12.67, Glycemic Load:22.64, Inflammation Score:-6, Nutrition Score:15.149565239315%

## Nutrients (% of daily need)

Calories: 555.29kcal (27.76%), Fat: 28.86g (44.4%), Saturated Fat: 16.66g (104.13%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 54.68g (19.88%), Sugar: 2.31g (2.57%), Cholesterol: 138.65mg (46.22%), Sodium: 452.88mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.27g (34.54%), Selenium: 67.21µg (96.01%), Manganese: 0.7mg (34.77%), Phosphorus: 322.47mg (32.25%), Calcium: 217.14mg (21.71%), Vitamin A: 940.6IU (18.81%), Zinc: 2.36mg (15.7%), Magnesium: 53.21mg (13.3%), Copper: 0.24mg (12.03%), Vitamin B2: 0.19mg (11.39%), Fiber: 2.56g (10.23%), Vitamin B6: 0.19mg (9.5%), Vitamin B1: 0.14mg (9.36%), Vitamin B12: 0.54µg (9.03%), Iron: 1.58mg (8.77%), Vitamin B5: 0.84mg (8.43%), Vitamin B3: 1.63mg (8.15%), Potassium: 253.64mg (7.25%), Vitamin D: 0.97µg (6.48%), Folate: 24.64µg (6.16%), Vitamin E: 0.92mg (6.15%), Vitamin K: 2.88µg (2.74%)