



Fettuccine Alfredo II

READY IN



20 min.

SERVINGS



4

CALORIES



880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 1 cup butter softened
- 0.5 cup parmesan cheese grated
- 1 pound soup noodles fresh
- 4 servings salt
- 1 gallon water

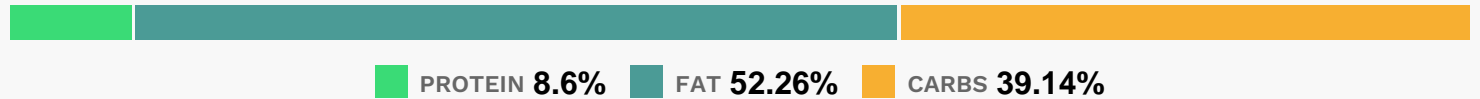
Equipment

- pot

Directions

- Bring the water to a rolling boil and salt to taste. Drop fresh pasta into the boiling water and cook until the noodles float to the top of the pot, 2 to 3 minutes.
- Drain immediately and return to the pot.
- Top with pieces of softened butter and the grated cheese; toss lightly until noodles are well coated. Season with freshly ground black pepper and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:34.07, Inflammation Score:-8, Nutrition Score:16.792173920766%

Nutrients (% of daily need)

Calories: 880.48kcal (44.02%), Fat: 51.24g (78.83%), Saturated Fat: 31.42g (196.39%), Carbohydrates: 86.32g (28.77%), Net Carbohydrates: 82.67g (30.06%), Sugar: 3.07g (3.41%), Cholesterol: 132.89mg (44.3%), Sodium: 831.58mg (36.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.96%), Selenium: 76.62µg (109.45%), Manganese: 1.06mg (53.19%), Phosphorus: 307.35mg (30.74%), Vitamin A: 1526.85IU (30.54%), Copper: 0.49mg (24.28%), Magnesium: 75.25mg (18.81%), Calcium: 176.89mg (17.69%), Zinc: 2.29mg (15.25%), Fiber: 3.65g (14.62%), Vitamin E: 1.51mg (10.04%), Vitamin B3: 1.96mg (9.81%), Vitamin B6: 0.17mg (8.66%), Iron: 1.55mg (8.63%), Potassium: 290.87mg (8.31%), Vitamin B2: 0.13mg (7.68%), Vitamin B1: 0.11mg (7.23%), Vitamin B5: 0.59mg (5.93%), Folate: 22.88µg (5.72%), Vitamin B12: 0.27µg (4.42%), Vitamin K: 4.46µg (4.25%)