



Fettuccine Alfredo Light

READY IN



25 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 4 servings fettuccine barilla
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.8 cups milk 2%
- ☐ 1 small onion finely chopped
- ☐ 0.5 cup parmesan cheese finely grated for serving
- ☐ 0.5 teaspoon pepper

- ☐ 12 oz pkt spinach
- ☐ 0.5 tablespoon butter unsalted

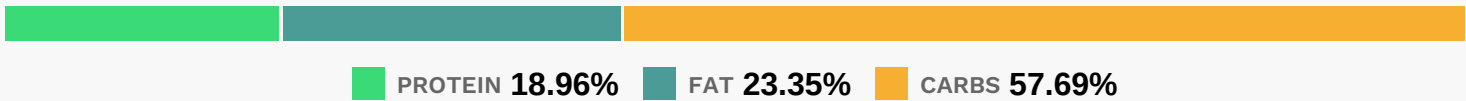
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Boil a large pot of salted water.
- ☐ Add pasta and cook according to package directions, stirring occasionally, until al dente.
- ☐ While pasta cooks, make the sauce: In a bowl, stir together milk, cornstarch and flour. Melt butter in a large, nonstick skillet over medium heat.
- ☐ Add onion and cook, stirring, until softened and golden, about 6 minutes. Stir milk mixture again, then add to onion in pan.
- ☐ Sprinkle with salt and pepper. Cook, stirring, until sauce is thick and creamy, about 4 minutes.
- ☐ Drain pasta and add to sauce, tossing well.
- ☐ Sprinkle with cheese and toss again. Divide among 4 plates, sprinkle with parsley and more cheese, then serve warm.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:18.59, Inflammation Score:-10, Nutrition Score:31.945217215497%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 374.55kcal (18.73%), Fat: 9.85g (15.15%), Saturated Fat: 4.87g (30.42%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 50.5g (18.36%), Sugar: 7.42g (8.24%), Cholesterol: 69.94mg (23.31%), Sodium: 494.41mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.98%), Vitamin K: 461.29µg (439.32%), Vitamin A: 8521.33IU (170.43%), Selenium: 52.75µg (75.35%), Manganese: 1.34mg (67.02%), Folate: 198.56µg (49.64%), Phosphorus: 360.79mg (36.08%), Vitamin C: 29.39mg (35.62%), Calcium: 348.3mg (34.83%), Magnesium: 119.59mg (29.9%), Vitamin B2: 0.46mg (27.25%), Potassium: 826.77mg (23.62%), Iron: 3.79mg (21.06%), Vitamin B6: 0.36mg (18.07%), Zinc: 2.64mg (17.63%), Fiber: 4.25g (16.99%), Vitamin B1: 0.23mg (15.39%), Copper: 0.31mg (15.34%), Vitamin B12: 0.88µg (14.69%), Vitamin E: 2.1mg (13.99%), Vitamin B3: 2.07mg (10.35%), Vitamin B5: 1.02mg (10.21%), Vitamin D: 0.26µg (1.71%)