



Fettuccine Alfredo (lighter)

READY IN



25 min.

SERVINGS



6

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 0.3 cup butter
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 0.8 cup parmesan grated reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 serving parsley fresh chopped

Equipment

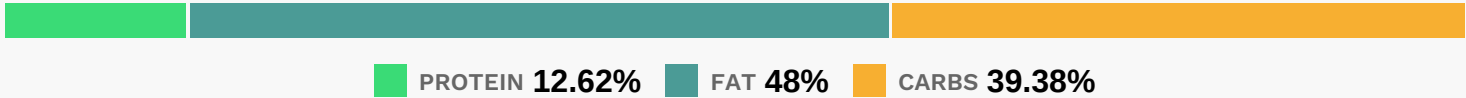
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sauce pan

Directions

- ☐ Cook fettuccine as directed on package.
- ☐ While fettuccine is cooking, heat margarine and milk in 2-quart saucepan over low heat, stirring constantly, until margarine is melted. Stir in cheese, salt and pepper.
- ☐ Drain fettuccine.
- ☐ Pour sauce over fettuccine; stir until fettuccine is well coated.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:11.32, Inflammation Score:-5, Nutrition Score:9.5330434726632%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 297.64kcal (14.88%), Fat: 15.92g (24.5%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 28.12g (10.23%), Sugar: 2.83g (3.14%), Cholesterol: 48.84mg (16.28%), Sodium: 534.42mg (23.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Selenium: 32.48µg (46.41%), Phosphorus: 228.2mg (22.82%), Calcium: 211.67mg (21.17%), Manganese: 0.34mg (17.1%), Vitamin A: 656.74IU (13.13%), Vitamin K: 11.53µg (10.98%), Vitamin B2: 0.17mg (9.8%), Zinc: 1.38mg (9.2%), Magnesium: 32.5mg (8.13%), Copper: 0.15mg (7.35%), Vitamin B12: 0.44µg (7.31%), Vitamin B5: 0.53mg (5.33%), Vitamin B1: 0.08mg (5.31%), Potassium: 181.07mg (5.17%), Fiber: 1.28g (5.12%), Iron: 0.92mg (5.1%), Vitamin B6: 0.1mg (5.01%), Vitamin B3: 0.86mg (4.3%), Vitamin E: 0.59mg (3.94%), Folate: 15.04µg (3.76%), Vitamin C: 1.31mg (1.59%), Vitamin D: 0.18µg (1.23%)