



Fettuccine Alfredo with Asparagus

READY IN



45 min.

SERVINGS



4

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus
- 4 tablespoons butter cut into pieces
- 0.8 pound fettuccine barilla
- 0.1 teaspoon fresh-ground pepper black
- 1 cup heavy cream
- 1 pinch nutmeg grated
- 0.5 cup parmesan cheese grated plus more for serving
- 0.8 teaspoon salt

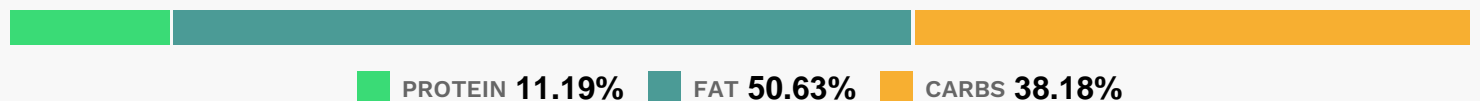
Equipment

pot

Directions

- Snap the tough ends off the asparagus and discard them.
- Cut the asparagus spears into 1-inch pieces. In a large pot of boiling, salted water, cook the fettuccine until almost done, about 8 minutes.
- Add the asparagus; cook until it and the pasta are just done, about 4 minutes longer.
- Drain the pasta and asparagus. Toss with the butter, cream, nutmeg, salt, pepper, and Parmesan.
- Serve with additional Parmesan.
- Variations: Fettuccine Alfredo: Eliminate the asparagus.
- Fettuccine Alfredo with Ham and Peas: Eliminate the asparagus.
- Add 1 cup frozen peas to the pasta during the last 2 minutes of cooking. Toss 1/4 pound of deli ham, cut into matchstick strips, with the remaining ingredients.
- Fettuccine Alfredo with Fresh
- Mixed Herbs: Eliminate the asparagus. Toss in 3 tablespoons of chopped fresh herbs, such as basil, parsley, and/or chives, at the end.
- Fettuccine Alfredo with Parsley and Sage: Eliminate the asparagus. Toss in 2 tablespoons chopped fresh parsley and 1/2 teaspoon dried sage at the end.
- Wine Recommendation: A forcefully acidic white wine is a natural with asparagus and will pierce the richness of the sauce. Try one of the sauvignon blancs from New Zealand or a vernaccia from Italy.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:26.14, Inflammation Score:-9, Nutrition Score:24.936956364176%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 706.04kcal (35.3%), Fat: 40.34g (62.06%), Saturated Fat: 23.93g (149.58%), Carbohydrates: 68.43g (22.81%), Net Carbohydrates: 63.17g (22.97%), Sugar: 5.56g (6.17%), Cholesterol: 179.65mg (59.88%), Sodium: 781.04mg (33.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.14%), Selenium: 75.93µg (108.48%), Vitamin K: 50.8µg (48.38%), Manganese: 0.93mg (46.69%), Vitamin A: 2243.25IU (44.87%), Phosphorus: 381.69mg (38.17%), Copper: 0.48mg (24.11%), Vitamin B2: 0.4mg (23.32%), Iron: 4.18mg (23.21%), Folate: 87.38µg (21.85%), Vitamin B1: 0.32mg (21.58%), Calcium: 211.12mg (21.11%), Fiber: 5.26g (21.02%), Zinc: 2.95mg (19.66%), Magnesium: 74.6mg (18.65%), Vitamin E: 2.53mg (16.88%), Vitamin B6: 0.32mg (15.94%), Potassium: 521.26mg (14.89%), Vitamin B3: 2.95mg (14.76%), Vitamin B5: 1.29mg (12.95%), Vitamin B12: 0.53µg (8.91%), Vitamin D: 1.27µg (8.46%), Vitamin C: 6.71mg (8.14%)