



Fettuccine Alfredo with Peas and Carrots

READY IN



38 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 2 cups carrots diagonally sliced (5 medium)
- 1 tablespoon cornstarch
- 2 cups half-and-half fat-free
- 12 ounces fettuccine barilla uncooked
- 2 garlic cloves minced
- 1 cup green onions chopped (8)
- 1.5 cups parmigiano-reggiano cheese grated

- 2 cups peas green frozen thawed
- 0.3 teaspoon salt
- 0.5 cup vegetable broth

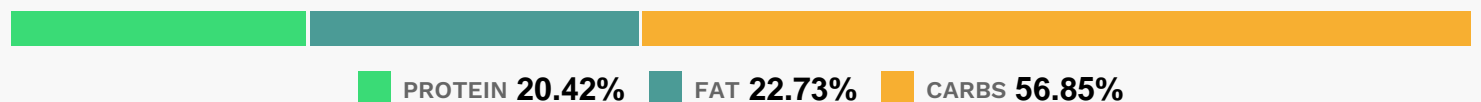
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Cook pasta according to package directions, omitting salt and fat; drain and place in a large bowl.
- While pasta cooks, melt butter in a large nonstick skillet over medium heat.
- Add carrot, and saut 1 minute.
- Add broth, and bring to a simmer; cover and cook 5 minutes.
- Add green onions; cover and simmer 2 minutes. Uncover and simmer 4 minutes or until almost all liquid is absorbed.
- Add peas; cook 2 minutes.
- Remove from heat; add to pasta.
- Combine half-and-half and cornstarch in a small saucepan over medium-low heat, stirring with a whisk. Bring to a simmer, and cook 2 minutes or until slightly thickened, stirring frequently.
- Remove from heat; add garlic and next 3 ingredients, stirring until cheese melts.
- Pour over pasta and vegetables; toss to combine.

Nutrition Facts



Properties

Glycemic Index:43.9, Glycemic Load:15.65, Inflammation Score:-10, Nutrition Score:21.832608761995%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 328.39kcal (16.42%), Fat: 8.32g (12.79%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 42.08g (15.3%), Sugar: 7.9g (8.77%), Cholesterol: 52.76mg (17.59%), Sodium: 529.87mg (23.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.62%), Vitamin A: 5993.34IU (119.87%), Selenium: 40.34µg (57.63%), Vitamin K: 39.9µg (38%), Phosphorus: 378.2mg (37.82%), Calcium: 324mg (32.4%), Manganese: 0.6mg (30.21%), Vitamin C: 19.39mg (23.5%), Fiber: 4.73g (18.92%), Vitamin B2: 0.32mg (18.7%), Zinc: 2.4mg (15.97%), Vitamin B1: 0.24mg (15.91%), Magnesium: 61mg (15.25%), Potassium: 471.93mg (13.48%), Folate: 53.7µg (13.42%), Vitamin B6: 0.27mg (13.4%), Copper: 0.23mg (11.7%), Vitamin B12: 0.66µg (10.94%), Vitamin B3: 2.16mg (10.81%), Iron: 1.8mg (10%), Vitamin B5: 0.88mg (8.84%), Vitamin E: 0.56mg (3.77%), Vitamin D: 0.22µg (1.48%)