



Fettuccine Alfredo with Scallops and Peas

READY IN



25 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter ()
- 9 oz fettuccine barilla refrigerated cooked drained
- 0.3 tsp ground pepper black
- 0.5 cup cup heavy whipping cream light
- 1 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 1 cup peas cooked
- 0.5 tsp salt
- 0.5 lb scallops

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add scallops; cook and stir 2 to 3 min. or until scallops are opaque.
- Remove from heat; place in large serving bowl. Gently stir in peas.
- Melt butter in small saucepan on low heat. Gradually add cream, stirring until well blended.
- Add Parmesan cheese; cook until completely melted, stirring constantly. Season with salt and pepper.
- Place pasta in large bowl.
- Add scallops, peas and sauce; mix lightly.

Nutrition Facts

PROTEIN 14.11% **FAT 61.45%** **CARBS 24.44%**

Properties

Glycemic Index:44.08, Glycemic Load:9.06, Inflammation Score:-6, Nutrition Score:12.137391302897%

Nutrients (% of daily need)

Calories: 403.04kcal (20.15%), Fat: 27.74g (42.67%), Saturated Fat: 14.66g (91.64%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 21.96g (7.98%), Sugar: 2.36g (2.62%), Cholesterol: 101.21mg (33.74%), Sodium: 728.73mg (31.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.66%), Selenium: 25.64µg (36.63%), Phosphorus: 338.45mg (33.85%), Vitamin A: 1004.33IU (20.09%), Manganese: 0.38mg (19.07%), Vitamin C: 14.68mg (17.79%), Vitamin B12: 1.03µg (17.09%), Vitamin K: 13.6µg (12.95%), Zinc: 1.74mg (11.6%), Fiber: 2.86g (11.45%), Magnesium: 42.62mg (10.65%), Calcium: 100.12mg (10.01%), Folate: 39.12µg (9.78%), Vitamin E: 1.39mg (9.29%), Vitamin B1: 0.13mg (8.62%), Potassium: 274.53mg (7.84%), Vitamin B2: 0.13mg (7.83%), Vitamin B6: 0.15mg (7.31%), Copper: 0.15mg (7.29%), Vitamin B3: 1.44mg (7.18%), Iron: 1.19mg (6.59%), Vitamin B5: 0.44mg (4.42%), Vitamin D: 0.27µg (1.83%)