



Fettuccine all'Alfredo con Prosciutto di Parma

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 pinch coarse salt
- 12 ounce eggs
- 2 pinches nutmeg freshly grated
- 4 servings pepper black
- 1 cups half and half
- 1 cup parmesan grated (3 healthy handfuls)
- 0.3 pound pancetta

Equipment

- frying pan

Directions

- Bring salted water to a rolling boil for the pasta and cook to package directions for al dente pasta.
- Slice prosciutto ham into thin strips across. Separate ham ribbons and loosely pile them up and set aside.
- Preheat a large skillet over moderate heat.
- Drain the pasta.
- Add the butter to the pan and melt.
- Add half-and-half to the melted butter. Stirring constantly, add cheese and cook sauce 1 minute. Season with nutmeg, pepper, and a pinch of salt. Turn off heat under sauce and add pasta to the skillet. Toss pasta until sauce coats the noodles evenly.
- Add prosciutto ribbons and toss to evenly distribute them. Mangia!

Nutrition Facts

 **PROTEIN 20.87%**  **FAT 75.32%**  **CARBS 3.81%**

Properties

Glycemic Index:44.75, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:16.021304262721%

Nutrients (% of daily need)

Calories: 509.56kcal (25.48%), Fat: 42.37g (65.18%), Saturated Fat: 19.77g (123.58%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.69g (1.7%), Sugar: 3.16g (3.51%), Cholesterol: 394.55mg (131.52%), Sodium: 863.21mg (37.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.83%), Selenium: 41.35µg (59.07%), Phosphorus: 456.71mg (45.67%), Calcium: 413.3mg (41.33%), Vitamin B2: 0.62mg (36.62%), Vitamin B12: 1.37µg (22.88%), Vitamin A: 1058.65IU (21.17%), Vitamin B5: 1.81mg (18.11%), Zinc: 2.48mg (16.57%), Vitamin B6: 0.3mg (14.97%), Vitamin D: 1.98µg (13.18%), Vitamin B1: 0.17mg (11.23%), Folate: 44.14µg (11.04%), Iron: 1.9mg (10.58%), Vitamin E: 1.43mg (9.5%), Vitamin B3: 1.73mg (8.64%), Potassium: 299.83mg (8.57%), Magnesium: 33.02mg (8.25%), Copper: 0.1mg (4.85%), Manganese: 0.06mg (3.04%), Vitamin K: 2.12µg (2.02%)