



Fettuccine and Broccoli with Sharp Cheddar Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounces fettuccine barilla uncooked
- 2 cups broccoli frozen
- 5 ounces processed cheese food
- 0.3 cup milk
- 2 tablespoons roasted peppers red drained () (from 7-ounce jar)

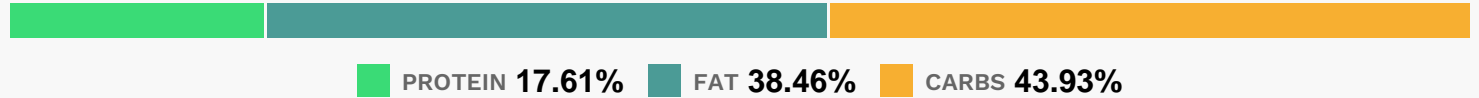
Equipment

- sauce pan

Directions

- Cook and drain fettuccine as directed on package, except add broccoli about 2 minutes before fettuccine is done; set aside.
- Mix cheese spread and milk in saucepan. Cook over medium heat 1 to 3 minutes, stirring frequently, until smooth. Stir in fettuccine, broccoli and bell peppers until coated.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:9.27, Inflammation Score:-5, Nutrition Score:11.931739340658%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 213.47kcal (10.67%), Fat: 9.22g (14.18%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 21.94g (7.98%), Sugar: 2.05g (2.28%), Cholesterol: 48.66mg (16.22%), Sodium: 481.74mg (20.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Selenium: 28.05µg (40.08%), Vitamin C: 28.46mg (34.49%), Vitamin K: 30.71µg (29.24%), Calcium: 285.11mg (28.51%), Phosphorus: 250.37mg (25.04%), Manganese: 0.32mg (16.1%), Vitamin A: 465.68IU (9.31%), Zinc: 1.3mg (8.69%), Vitamin B12: 0.49µg (8.19%), Vitamin B2: 0.13mg (7.68%), Magnesium: 30.51mg (7.63%), Folate: 29.38µg (7.34%), Fiber: 1.76g (7.03%), Vitamin B6: 0.14mg (7.02%), Potassium: 215.5mg (6.16%), Copper: 0.12mg (5.8%), Vitamin B5: 0.56mg (5.62%), Vitamin B1: 0.08mg (5.3%), Iron: 0.94mg (5.23%), Vitamin B3: 0.84mg (4.19%), Vitamin E: 0.53mg (3.52%), Vitamin D: 0.34µg (2.26%)