



Fettuccine and Broccoli with Sharp Cheddar Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

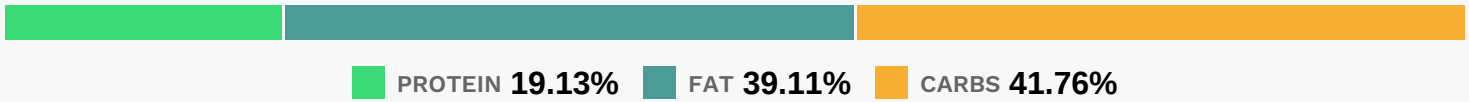
Equipment

- ☐ 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:9.19, Inflammation Score:-5, Nutrition Score:11.63913058198%

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: 222.21kcal (11.11%), Fat: 9.74g (14.98%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 21.64g (7.87%), Sugar: 1.6g (1.78%), Cholesterol: 48.66mg (16.22%), Sodium: 241.48mg (10.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Selenium: 29.97µg (42.81%), Vitamin C: 28.46mg (34.49%), Vitamin K: 30.66µg (29.2%), Phosphorus: 207.14mg (20.71%), Calcium: 205.26mg (20.53%), Manganese: 0.31mg (15.73%), Vitamin B2: 0.18mg (10.56%), Zinc: 1.58mg (10.55%), Vitamin A: 479.14IU (9.58%), Folate: 32.45µg (8.11%), Magnesium: 30.74mg (7.69%), Vitamin B6: 0.14mg (7.19%), Fiber: 1.76g (7.03%), Vitamin B12: 0.39µg (6.46%), Potassium: 202.5mg (5.79%), Vitamin B5: 0.56mg (5.64%), Copper: 0.11mg (5.64%), Vitamin B1: 0.08mg (5.52%), Iron: 0.83mg (4.61%), Vitamin B3: 0.83mg (4.16%), Vitamin E: 0.52mg (3.44%), Vitamin D: 0.34µg (2.26%)