



Fettuccine Florentine

READY IN



45 min.

SERVINGS



2

CALORIES



381 kcal

Ingredients

- ☐ 1 tablespoon process cream cheese product light
- ☐ 2 ounces fettuccine barilla uncooked
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1 small clove garlic minced
- ☐ 0.3 cup low-salt ham diced cooked reduced-fat
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 0.3 cup parmesan cheese divided freshly grated
- ☐ 0.3 cup peas frozen english thawed
- ☐ 2 servings pepper freshly ground
- ☐ 0.5 cup skim milk

☐ 2 ounces nests of spinach fettuccine uncooked

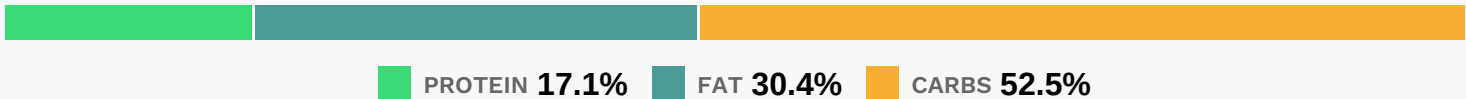
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Melt margarine in a small saucepan over medium-high heat.
- ☐ Add garlic; saute until tender.
- ☐ Combine milk and flour, stirring until smooth.
- ☐ Add to garlic mixture; cook over medium heat, stirring constantly, 6 to 8 minutes or until slightly thickened. Stir in cream cheese and 1/4 cup Parmesan cheese; cook, stirring constantly, 2 minutes or until cheeses melt.
- ☐ Cook pastas according to package directions, omitting salt and fat; drain.
- ☐ Place pasta in a serving bowl.
- ☐ Add cheese mixture, ham, and peas; toss gently.
- ☐ Sprinkle with remaining 2 teaspoons Parmesan cheese and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:164.79, Glycemic Load:19.74, Inflammation Score:-6, Nutrition Score:15.175652307013%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 381.42kcal (19.07%), Fat: 12.92g (19.88%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 50.19g (16.73%), Net Carbohydrates: 47.19g (17.16%), Sugar: 5.54g (6.15%), Cholesterol: 67.66mg (22.55%), Sodium: 338.7mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Selenium: 51.96µg (74.22%),

Phosphorus: 325.79mg (32.58%), Manganese: 0.62mg (31.02%), Calcium: 229.21mg (22.92%), Zinc: 2.23mg (14.9%), Vitamin B2: 0.24mg (13.99%), Vitamin A: 683.78IU (13.68%), Vitamin B1: 0.2mg (13.29%), Magnesium: 52.66mg (13.17%), Vitamin B12: 0.75µg (12.48%), Fiber: 3g (12.01%), Copper: 0.24mg (11.79%), Vitamin B3: 2.3mg (11.49%), Vitamin B6: 0.23mg (11.34%), Potassium: 362.3mg (10.35%), Vitamin C: 7.73mg (9.37%), Iron: 1.6mg (8.86%), Vitamin B5: 0.86mg (8.58%), Folate: 33.71µg (8.43%), Vitamin D: 0.91µg (6.04%), Vitamin K: 5.34µg (5.08%), Vitamin E: 0.52mg (3.45%)