



Fettuccine-Vegetable Toss

READY IN



28 min.

SERVINGS



15

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz alfredo sauce
- ☐ 12 oz baby spinach fresh washed
- ☐ 2 carrots cut into 1/4-inch pieces (1 cup)
- ☐ 9 oz fettuccine barilla refrigerated
- ☐ 0.3 cup basil fresh chopped
- ☐ 8 oz mushrooms fresh sliced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon green onion finely chopped
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup parmesan cheese grated
- ☐ 15 servings parmesan cheese fresh grated chopped
- ☐ 15 servings salt and pepper to taste

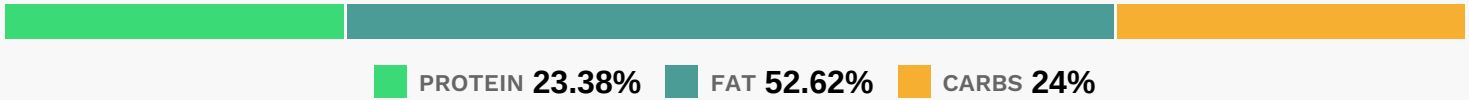
Equipment

- ☐ dutch oven

Directions

- ☐ Prepare fettuccine according to package directions.
- ☐ Saut carrots in hot oil in a Dutch oven over medium-high heat 3 to 4 minutes. Stir in mushrooms, onion, and garlic, and saut 3 to 4 minutes or until mushrooms are tender.
- ☐ Add spinach, and cook 2 to 3 minutes or until wilted. Stir in Alfredo sauce, cheese, basil, and hot cooked pasta, stirring just until blended. Cook 1 to 2 minutes or just until thoroughly heated. Season with salt and pepper to taste.
- ☐ Serve immediately.
- ☐ Garnish, if desired.
- ☐ *1/2 (16-oz.) package fettuccine may be substituted.

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:18.269565235014%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 272.78kcal (13.64%), Fat: 15.92g (24.5%), Saturated Fat: 8.16g (51%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 14.88g (5.41%), Sugar: 1.85g (2.06%), Cholesterol: 55.66mg (18.55%), Sodium: 932.34mg (40.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Vitamin K: 114.85µg (109.39%), Vitamin A:

3768.39IU (75.37%), Calcium: 407.97mg (40.8%), Selenium: 22.2µg (31.72%), Phosphorus: 288.4mg (28.84%), Manganese: 0.38mg (19.15%), Folate: 55.8µg (13.95%), Vitamin B2: 0.23mg (13.51%), Magnesium: 44.44mg (11.11%), Zinc: 1.42mg (9.49%), Vitamin C: 7.38mg (8.95%), Potassium: 274.44mg (7.84%), Iron: 1.33mg (7.4%), Vitamin B12: 0.44µg (7.26%), Copper: 0.14mg (7.22%), Vitamin B6: 0.14mg (7%), Vitamin B3: 1.24mg (6.2%), Vitamin E: 0.92mg (6.15%), Fiber: 1.46g (5.84%), Vitamin B5: 0.56mg (5.64%), Vitamin B1: 0.08mg (5.16%), Vitamin D: 0.24µg (1.6%)