



Fettuccine with Blue Cheese-Artichoke Sauce

READY IN



15 min.

SERVINGS



15

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce alfredo sauce light refrigerated
- 14 ounce artichoke hearts drained quartered canned
- 2 tablespoons cheese blue crumbled
- 9 ounce fettuccine barilla refrigerated
- 1 cup mushrooms fresh sliced

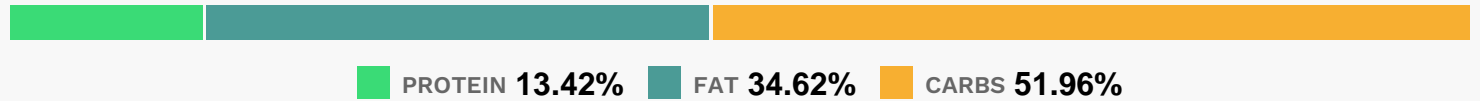
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add artichokes and mushrooms; cook 3 to 4 minutes or until mushrooms are tender.
- Add alfredo sauce to artichoke mixture; cook until thoroughly heated.
- Place drained pasta in a large bowl.
- Pour sauce mixture over pasta; toss to combine.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:6.87, Glycemic Load:5.14, Inflammation Score:-1, Nutrition Score:2.9326087239644%

Nutrients (% of daily need)

Calories: 110.15kcal (5.51%), Fat: 4.14g (6.38%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 12.96g (4.71%), Sugar: 0.96g (1.06%), Cholesterol: 27.39mg (9.13%), Sodium: 239.35mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Selenium: 14.13µg (20.19%), Manganese: 0.15mg (7.43%), Phosphorus: 50.11mg (5.01%), Fiber: 1.03g (4.13%), Copper: 0.07mg (3.56%), Vitamin B3: 0.6mg (2.99%), Vitamin B5: 0.27mg (2.67%), Magnesium: 10.66mg (2.66%), Vitamin B2: 0.04mg (2.62%), Zinc: 0.38mg (2.56%), Vitamin B1: 0.03mg (2.29%), Vitamin B6: 0.04mg (2.25%), Iron: 0.36mg (1.99%), Potassium: 64.25mg (1.84%), Folate: 6.36µg (1.59%), Calcium: 11.07mg (1.11%), Vitamin B12: 0.06µg (1.05%)