



Fettuccine with Homemade Alfredo Sauce

READY IN



15 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz fettuccine barilla uncooked
- 0.1 tsp ground nutmeg
- 0.3 cup half-and-half
- 3 Tbsp butter
- 0.3 cup parmesan cheese grated kraft
- 0.1 tsp pepper

Equipment

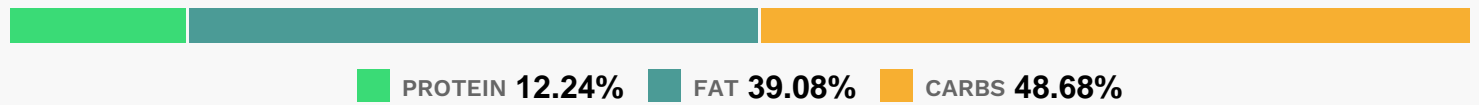
- frying pan

sauce pan

Directions

- Cook pasta in large saucepan as directed on package.
- Drain pasta; return to pan.
- Add butter; toss until butter is completely melted.
- Add half-and-half and cheese; mix lightly.
- Sprinkle with nutmeg and pepper.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:16.98, Inflammation Score:-5, Nutrition Score:9.9539129267568%

Nutrients (% of daily need)

Calories: 346.47kcal (17.32%), Fat: 15.07g (23.18%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 40.32g (14.66%), Sugar: 1.92g (2.14%), Cholesterol: 60.12mg (20.04%), Sodium: 232.62mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.23%), Selenium: 47.52µg (67.88%), Manganese: 0.5mg (25.01%), Phosphorus: 198.09mg (19.81%), Vitamin A: 536.6IU (10.73%), Calcium: 100.23mg (10.02%), Zinc: 1.44mg (9.6%), Magnesium: 37.64mg (9.41%), Copper: 0.17mg (8.71%), Fiber: 1.9g (7.6%), Vitamin B1: 0.11mg (7.03%), Vitamin B6: 0.14mg (6.94%), Vitamin B2: 0.12mg (6.81%), Iron: 1.12mg (6.24%), Vitamin B3: 1.22mg (6.11%), Vitamin B5: 0.61mg (6.05%), Potassium: 181.95mg (5.2%), Vitamin B12: 0.3µg (4.96%), Folate: 17.59µg (4.4%), Vitamin E: 0.62mg (4.12%), Vitamin D: 0.2µg (1.34%)