



WHATShEATE



Fettuccine with Ricotta, Tomatoes and Basil

READY IN



20 min.

SERVINGS



3

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 9 ounces fettuccine barilla refrigerated
- ☐ 2 tablespoons basil fresh coarsely chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.8 cup ricotta cheese
- ☐ 1 cup tomatoes chopped

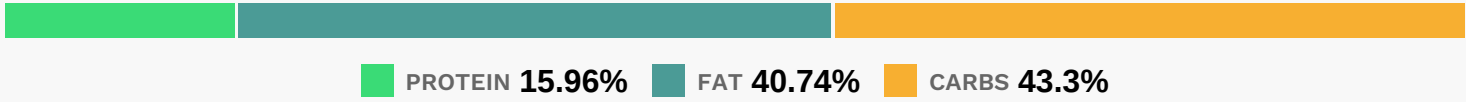
Equipment

- ☐ sauce pan

Directions

- ☐ Cook and drain fettuccine as directed on package. Return to saucepan.
- ☐ Stir together butter, ricotta cheese and 1/3 cup of the Parmesan cheese. Toss with hot fettuccine.
- ☐ Top fettuccine with tomato, basil and remaining Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:26.46, Inflammation Score:-8, Nutrition Score:19.544347763062%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 614.54kcal (30.73%), Fat: 27.87g (42.87%), Saturated Fat: 11.08g (69.26%), Carbohydrates: 66.66g (22.22%), Net Carbohydrates: 63.24g (22.99%), Sugar: 3.09g (3.43%), Cholesterol: 117.56mg (39.19%), Sodium: 496.16mg (21.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Selenium: 81.85µg (116.92%), Phosphorus: 424.48mg (42.45%), Manganese: 0.82mg (40.85%), Calcium: 316.97mg (31.7%), Vitamin A: 1457.63IU (29.15%), Zinc: 3.17mg (21.13%), Magnesium: 68.72mg (17.18%), Vitamin B2: 0.27mg (15.92%), Copper: 0.31mg (15.34%), Fiber: 3.42g (13.7%), Vitamin B6: 0.27mg (13.35%), Potassium: 430.81mg (12.31%), Vitamin B1: 0.18mg (11.82%), Iron: 2.1mg (11.68%), Vitamin B12: 0.7µg (11.61%), Vitamin B3: 2.17mg (10.87%), Folate: 41.6µg (10.4%), Vitamin K: 10.85µg (10.33%), Vitamin B5: 1.02mg (10.21%), Vitamin C: 7.07mg (8.57%), Vitamin E: 1.18mg (7.87%), Vitamin D: 0.46µg (3.08%)