



WHATSheATE



Fettuccine with Tomato-Cream Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce canned tomatoes whole crushed peeled drained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 0.3 cup basil leaves fresh
- ☐ 3 tablespoons garlic coarsely chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.3 cup oil-cured olives pitted coarsely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 ounce parmigiano-reggiano cheese shaved

☐ 4 quarts water boiling

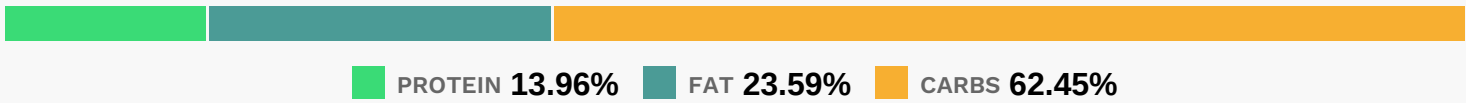
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Cook pasta in 4 quarts boiling water with 1/4 teaspoon salt for 8 minutes or until noodles are almost al dente.
- ☐ Drain pasta through a sieve over a bowl; reserve 1 1/3 cups pasta cooking water.
- ☐ Heat a large skillet over medium-low heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add garlic; cook 2 minutes or until very fragrant and tender, stirring occasionally. Stir in remaining 1/4 teaspoon salt and tomatoes; cook 3 minutes, stirring occasionally. Stir in reserved 1 1/3 cups pasta water; bring to a boil.
- ☐ Add cream cheese; stir until smooth.
- ☐ Add pasta, olives, and red pepper; cook 3 minutes or until pasta is al dente, tossing to coat. Divide pasta mixture among 4 shallow bowls; top each serving with 1 tablespoon basil. Divide Parmigiano-Reggiano evenly among servings.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:17.56, Inflammation Score:-6, Nutrition Score:17.014782501304%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 318.16kcal (15.91%), Fat: 8.54g (13.14%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 46.55g (16.93%), Sugar: 5.94g (6.6%), Cholesterol: 50.04mg (16.68%), Sodium: 825.28mg (35.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.75%), Selenium: 46.63µg (66.62%), Manganese: 0.76mg (37.94%), Vitamin C: 20.6mg (24.97%), Copper: 0.49mg (24.66%), Vitamin B6: 0.43mg (21.4%), Phosphorus: 209.68mg (20.97%), Iron: 3.27mg (18.14%), Magnesium: 69.32mg (17.33%), Fiber: 4.33g (17.31%), Calcium: 170.24mg (17.02%), Vitamin E: 2.46mg (16.38%), Potassium: 549.25mg (15.69%), Vitamin K: 14.78µg (14.08%), Vitamin B3: 2.7mg (13.52%), Vitamin B1: 0.2mg (13.44%), Zinc: 1.65mg (11%), Vitamin B2: 0.18mg (10.67%), Vitamin A: 444.9IU (8.9%), Folate: 34.05µg (8.51%), Vitamin B5: 0.81mg (8.09%), Vitamin B12: 0.21µg (3.45%), Vitamin D: 0.19µg (1.25%)