



Fettuccini Alfredo with Zucchini Ribbons

READY IN



30 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup evaporated skim milk (not condensed milk)
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup parsley leaves fresh finely chopped
- ☐ 2 cloves garlic minced
- ☐ 1 cup milk 1% low-fat cold
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 12 ounces fettuccini pasta whole wheat
- ☐ 0.5 teaspoon salt plus more to taste

- ☐ 16 ounces zucchini

Equipment

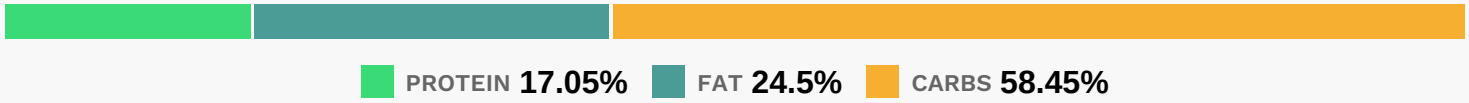
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Slice the ends off the zucchini and discard. Using a mandolin or carefully with a sharp knife slice the zucchini lengthwise into very thin slices. Stack the slices and cut with a knife lengthwise into 1/4 inch-thick ribbons.
- ☐ Heat 1 tablespoon of the oil in large non-stick skillet over a medium heat.
- ☐ Add 1 clove of the garlic and cook for 30 seconds.
- ☐ Add the zucchini ribbons, cover and cook until the zucchini is tender, stirring occasionally, about 6 minutes.
- ☐ Transfer the zucchini to a bowl.
- ☐ Cook the pasta al dente according to the directions on the package. Ladle out a half cup of the pasta water and set aside.
- ☐ Drain the pasta and return it to the pasta pot.
- ☐ Meanwhile, make the sauce. Stir the flour into the low-fat milk until it is completely dissolved.
- ☐ Put the remaining tablespoon of olive oil in the skillet and heat over a medium-high heat.
- ☐ Add the remaining clove of garlic and cook for 30 seconds.
- ☐ Add the flour-milk mixture and cook until the mixture begins to boil, stirring constantly. Reduce heat to low and cook, stirring, for 2 minutes more.
- ☐ Add the evaporated milk, salt and the cheese and cook, stirring, until the cheese is melted, about 1 minute. Season with additional salt to taste.

- ☐ Add the sauce, the zucchini and 3 tablespoons of the parsley to the pasta in the pot and toss to combine.
- ☐ Add a little of the reserved pasta water as necessary to loosen.
- ☐ To serve, place 2 cups of the pasta mixture on each plate and garnish with remaining parsley.
- ☐ Excellent Source of: Calcium, Copper, Fiber, Folate, Iron, Magnesium, Manganese, Molybdenum, Niacin, Phosphorus, Potassium, Protein, Riboflavin, Selenium, Thiamin, Vitamin B6, Vitamin C, Vitamin K
- ☐ Good Source of: Iodine, Pantothenic Acid, Vitamin A, Vitamin B12, Vitamin D

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:27.1, Inflammation Score:-8, Nutrition Score:25.096956667693%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 536.37kcal (26.82%), Fat: 14.58g (22.43%), Saturated Fat: 4.59g (28.66%), Carbohydrates: 78.23g (26.08%), Net Carbohydrates: 74.17g (26.97%), Sugar: 11.75g (13.05%), Cholesterol: 20.54mg (6.85%), Sodium: 695.33mg (30.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.65%), Selenium: 63.43µg (90.62%), Vitamin K: 71.08µg (67.7%), Manganese: 1.04mg (52.24%), Phosphorus: 452.37mg (45.24%), Calcium: 377.32mg (37.73%), Vitamin C: 26.14mg (31.68%), Vitamin B2: 0.42mg (24.61%), Magnesium: 90.44mg (22.61%), Potassium: 749.1mg (21.4%), Zinc: 2.99mg (19.91%), Vitamin B6: 0.4mg (19.83%), Vitamin A: 946.74IU (18.93%), Copper: 0.33mg (16.6%), Fiber: 4.06g (16.25%), Folate: 56.89µg (14.22%), Vitamin B1: 0.2mg (13.44%), Iron: 2.09mg (11.61%), Vitamin B12: 0.69µg (11.5%), Vitamin B5: 1.14mg (11.4%), Vitamin B3: 2.26mg (11.32%), Vitamin D: 1.38µg (9.22%), Vitamin E: 1.38mg (9.17%)