

# Fettucine Alfredo

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 ounce eggs
- 0.5 cup cup heavy whipping cream
- 0.3 cup parmesan grated
- 0.5 stick butter unsalted cut into pieces

## Equipment

- frying pan
- pot

## Directions

- Cook fettuccine in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until al dente. Reserve 1/2 cup cooking water, then drain pasta.
- Meanwhile, bring cream and butter to a simmer in a 12-inch heavy skillet over medium-low heat, adding 1/4 teaspoon salt and 1/2 teaspoon pepper.
- Add fettuccine, 1/4 cup reserved water, and cheese to sauce and toss.
- Add more cooking water if necessary.

## Nutrition Facts

**PROTEIN 13.94%** **FAT 84.14%** **CARBS 1.92%**

## Properties

Glycemic Index:6.75, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:8.2513043919335%

## Nutrients (% of daily need)

Calories: 316.17kcal (15.81%), Fat: 29.74g (45.76%), Saturated Fat: 17.24g (107.75%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.15g (1.28%), Cholesterol: 280.57mg (93.52%), Sodium: 223.6mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.18%), Selenium: 20.32µg (29.02%), Vitamin A: 1161.57IU (23.23%), Vitamin B2: 0.35mg (20.44%), Phosphorus: 190.74mg (19.07%), Calcium: 153.44mg (15.34%), Vitamin D: 1.86µg (12.42%), Vitamin B12: 0.68µg (11.27%), Vitamin B5: 1mg (9.98%), Vitamin E: 1.22mg (8.1%), Folate: 28.85µg (7.21%), Zinc: 1.04mg (6.96%), Iron: 1.09mg (6.07%), Vitamin B6: 0.11mg (5.74%), Potassium: 117.56mg (3.36%), Magnesium: 12.84mg (3.21%), Copper: 0.05mg (2.45%), Vitamin B1: 0.03mg (2.17%), Vitamin K: 2.25µg (2.15%)