



Fiery Fettuccine

READY IN



25 min.

SERVINGS



4

CALORIES



603 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 cup whipping cream (heavy)
- ☐ 1 teaspoon cajun spice
- ☐ 7 ounces roasted peppers red drained
- ☐ 0.5 pound andouille smoked fully cooked cut in 1/4-inch slices
- ☐ 0.3 cup spring onion sliced

Equipment

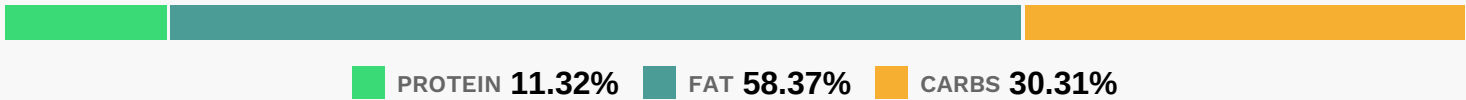
- ☐ food processor

- ☐ frying pan
- ☐ blender

Directions

- ☐ Cook and drain fettuccine as directed on package.
- ☐ While fettuccine is cooking, place whipping cream, Creole seasoning and bell peppers in blender or food processor. Cover and blend on high speed until smooth.
- ☐ Pour pepper mixture into 12-inch skillet. Cook over medium heat, stirring occasionally, until mixture thickens. Stir in sausage; heat through but do not boil.
- ☐ Serve sausage mixture over fettuccine.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:17.07, Inflammation Score:-8, Nutrition Score:18.182608811752%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 603.03kcal (30.15%), Fat: 39.28g (60.43%), Saturated Fat: 19.61g (122.56%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 43.08g (15.67%), Sugar: 3g (3.33%), Cholesterol: 155.12mg (51.71%), Sodium: 1189.3mg (51.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.29%), Selenium: 54.11µg (77.3%), Manganese: 0.6mg (30.18%), Vitamin C: 24.61mg (29.83%), Vitamin A: 1476.37IU (29.53%), Phosphorus: 245.63mg (24.56%), Vitamin B12: 1.12µg (18.6%), Vitamin B1: 0.27mg (18.21%), Vitamin B6: 0.34mg (17.13%), Zinc: 2.56mg (17.09%), Vitamin B3: 3.41mg (17.07%), Vitamin B2: 0.29mg (16.78%), Vitamin K: 15.53µg (14.79%), Copper: 0.28mg (14.11%), Magnesium: 51.45mg (12.86%), Iron: 2.3mg (12.77%), Vitamin D: 1.75µg (11.64%), Potassium: 403.11mg (11.52%), Fiber: 2.8g (11.21%), Vitamin B5: 0.95mg (9.54%), Calcium: 89.07mg (8.91%), Folate: 33.27µg (8.32%), Vitamin E: 0.94mg (6.25%)