



WHATSheATE



Healthified Fettuccine Alfredo

READY IN



40 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 lb fettuccine barilla uncooked
- ☐ 1 tablespoon flour all-purpose gold medal®
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.7 cup pecorino cheese grated
- ☐ 0.3 teaspoon salt

☐ 2 cups milk whole

Equipment

☐ bowl

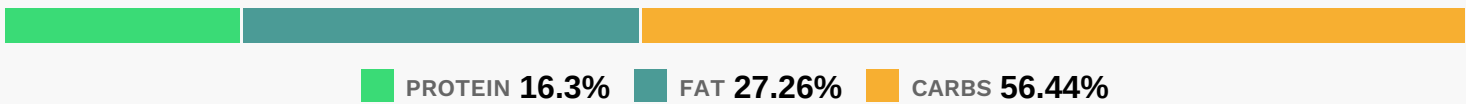
☐ sauce pan

☐ whisk

Directions

- ☐ Cook fettuccine as directed on package, omitting salt.
- ☐ Drain; return to saucepan. Cover to keep warm; set aside.
- ☐ Meanwhile, in medium bowl, stir milk, flour, salt, black pepper and red pepper with wire whisk until smooth. In 2-quart saucepan, melt butter over medium-low heat.
- ☐ Add garlic; cook 1 minute, stirring constantly (do not burn). With wire whisk, stir milk mixture into butter mixture in saucepan. Cook and stir over medium heat 6 to 8 minutes or until mixture thickens and boils.
- ☐ Stir in cream cheese until melted. Stir in Parmesan cheese until melted.
- ☐ Pour over fettuccine; toss to coat.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:18.72, Inflammation Score:-4, Nutrition Score:12.307826233947%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 316.63kcal (15.83%), Fat: 9.58g (14.73%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 42.65g (15.51%), Sugar: 4.08g (4.54%), Cholesterol: 71.14mg (23.71%), Sodium: 230.98mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.77%), Selenium: 47.51µg (67.87%), Phosphorus: 265.22mg (26.52%), Manganese: 0.51mg (25.57%), Calcium: 187.38mg (18.74%), Vitamin K: 17.34µg (16.52%), Magnesium: 44.63mg (11.16%), Zinc: 1.58mg (10.56%), Vitamin B2: 0.17mg (10.22%), Vitamin B12: 0.59µg (9.89%), Vitamin B1: 0.14mg (9.57%), Vitamin B6: 0.18mg (8.89%), Copper: 0.18mg (8.84%), Vitamin B5: 0.8mg (7.97%), Fiber: 1.95g (7.81%), Potassium: 247.84mg (7.08%), Iron: 1.26mg (7.02%), Vitamin A: 345.6IU (6.91%), Vitamin B3: 1.34mg (6.69%), Vitamin D: 0.88µg (5.89%), Folate: 20.4µg (5.1%), Vitamin E: 0.35mg (2.35%), Vitamin C: 1.57mg (1.91%)