



WHATSheATE



Herbed Alfredo Sauce over Linguine

READY IN



30 min.

SERVINGS



5

CALORIES



523 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz pasta refrigerated uncooked
- ☐ 2 teaspoons butter
- ☐ 1 teaspoon olive oil
- ☐ 3 large cloves garlic minced
- ☐ 0.5 cup bell pepper red finely chopped (1 small)
- ☐ 0.3 cup spring onion sliced (5 medium)
- ☐ 0.3 cup parsley dried fresh chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 24 oz evaporated milk low-fat canned

- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup parmesan cheese grated

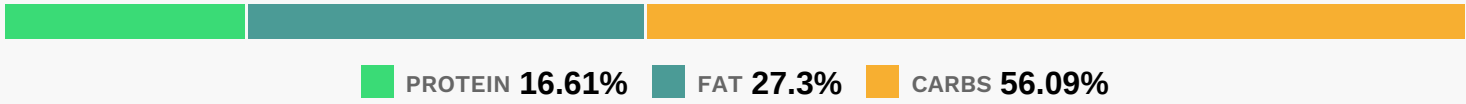
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, cook linguine as directed on package.
- ☐ Drain; return to Dutch oven and cover to keep warm.
- ☐ Meanwhile, in 10-inch nonstick skillet, melt butter with oil over medium heat.
- ☐ Add garlic; cook and stir 1 minute.
- ☐ Add bell pepper, onions, parsley and flour; cook and stir 1 minute. Gradually stir in milk until well blended.
- ☐ Heat to boiling, stirring constantly. Cook 6 to 10 minutes, stirring frequently, until sauce is bubbly and thickened.
- ☐ Remove skillet from heat. Stir in basil, oregano and salt.
- ☐ Pour sauce over linguine; toss gently to coat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:43.2, Glycemic Load:24.33, Inflammation Score:-9, Nutrition Score:22.338695645332%

Flavonoids

Apigenin: 75.06mg, Apigenin: 75.06mg, Apigenin: 75.06mg, Apigenin: 75.06mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 5.52mg, Isorhamnetin: 5.52mg, Isorhamnetin: 5.52mg,

Isorhamnetin: 5.52mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 522.95kcal (26.15%), Fat: 15.83g (24.35%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 73.14g (24.38%), Net Carbohydrates: 69.67g (25.33%), Sugar: 16.43g (18.26%), Cholesterol: 45.26mg (15.09%), Sodium: 526.24mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.34%), Selenium: 51.14µg (73.06%), Phosphorus: 471.51mg (47.15%), Manganese: 0.93mg (46.58%), Calcium: 465.85mg (46.58%), Vitamin K: 43.39µg (41.32%), Vitamin B2: 0.59mg (34.62%), Vitamin C: 25.57mg (30.99%), Magnesium: 84.69mg (21.17%), Vitamin A: 1024.79IU (20.5%), Potassium: 693.45mg (19.81%), Zinc: 2.53mg (16.9%), Fiber: 3.48g (13.9%), Vitamin B6: 0.26mg (13.12%), Copper: 0.26mg (13.11%), Vitamin B1: 0.2mg (13.02%), Vitamin B5: 1.3mg (12.96%), Iron: 2.28mg (12.69%), Folate: 50.26µg (12.56%), Vitamin B3: 2.17mg (10.87%), Vitamin E: 0.99mg (6.59%), Vitamin B12: 0.31µg (5.16%), Vitamin D: 0.17µg (1.13%)