



Lemon-Chive Fettuccine

READY IN



20 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

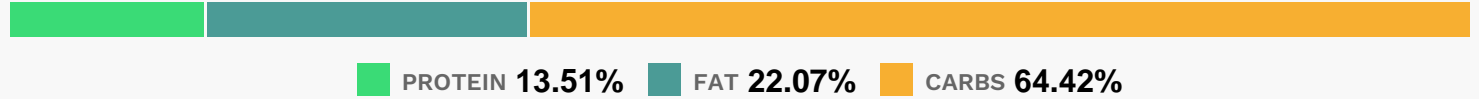
- 6 ounces fettuccine barilla uncooked
- 0.3 cup cream sour reduced-fat
- 3 tablespoons chives fresh chopped
- 1 tablespoon lemon zest grated
- 2 tablespoons juice of lemon
- 1 teaspoon butter softened
- 0.5 teaspoon salt
- 0.3 teaspoon pepper white

Equipment

Directions

- Cook and drain fettuccine as directed on package—except omit salt.
- Mix remaining ingredients; toss with fettuccine.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:12.74, Inflammation Score:-3, Nutrition Score:7.5034782575524%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 201.75kcal (10.09%), Fat: 4.97g (7.64%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 30.95g (11.25%), Sugar: 1.13g (1.26%), Cholesterol: 42.43mg (14.14%), Sodium: 327.55mg (14.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Selenium: 34.15µg (48.78%), Manganese: 0.38mg (18.95%), Phosphorus: 118.68mg (11.87%), Vitamin C: 6.35mg (7.69%), Magnesium: 28.36mg (7.09%), Copper: 0.14mg (6.84%), Fiber: 1.67g (6.7%), Zinc: 0.93mg (6.23%), Vitamin B1: 0.08mg (5.64%), Vitamin B6: 0.11mg (5.25%), Iron: 0.9mg (4.98%), Vitamin K: 5.1µg (4.86%), Calcium: 47.32mg (4.73%), Vitamin B3: 0.93mg (4.67%), Vitamin A: 233.09IU (4.66%), Folate: 18.52µg (4.63%), Potassium: 161.85mg (4.62%), Vitamin B5: 0.41mg (4.11%), Vitamin B2: 0.07mg (3.93%), Vitamin B12: 0.21µg (3.42%), Vitamin E: 0.27mg (1.82%), Vitamin D: 0.17µg (1.11%)