

Lemon-Chive Fettuccine

READY IN



20 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

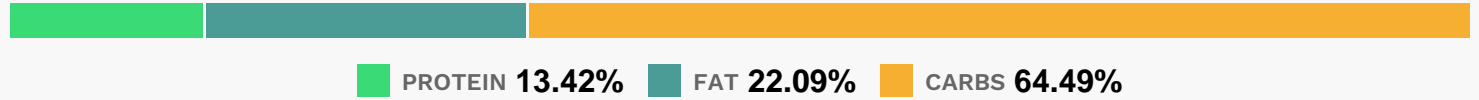
- 6 ounces fettuccine barilla uncooked
- 2 tablespoons juice of lemon
- 1 tablespoon lemon zest grated
- 0.3 cup cream sour reduced-fat
- 1 teaspoon butter softened
- 0.5 teaspoon salt
- 0.3 teaspoon pepper white

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:12.72, Inflammation Score:-3, Nutrition Score:7.016956553511%

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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.07kcal (10.05%), Fat: 4.95g (7.62%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 30.9g (11.24%), Sugar: 1.09g (1.21%), Cholesterol: 42.43mg (14.14%), Sodium: 327.48mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.53%), Selenium: 34.13µg (48.75%), Manganese: 0.37mg (18.53%), Phosphorus: 117.38mg (11.74%), Magnesium: 27.41mg (6.85%), Copper: 0.13mg (6.67%), Fiber: 1.62g (6.47%), Zinc: 0.92mg (6.15%), Vitamin C: 5.04mg (6.11%), Vitamin B1: 0.08mg (5.52%), Vitamin B6: 0.1mg (5.1%), Iron: 0.86mg (4.78%), Vitamin B3: 0.92mg (4.6%), Calcium: 45.25mg (4.53%), Potassium: 155.19mg (4.43%), Folate: 16.16µg (4.04%), Vitamin B5: 0.4mg (4.03%), Vitamin B2: 0.06mg (3.78%), Vitamin B12: 0.21µg (3.42%), Vitamin A: 135.14IU (2.7%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.17µg (1.11%)