



Linguine Alfredo

READY IN



28 min.

SERVINGS



6

CALORIES



733 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings basil fresh
- ☐ 0.3 cup butter
- ☐ 1 cup chicken broth
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 2 garlic clove pressed
- ☐ 16 oz pasta
- ☐ 1.3 cups parmesan cheese grated
- ☐ 6 servings pepper freshly ground to taste
- ☐ 2 cups whipping cream

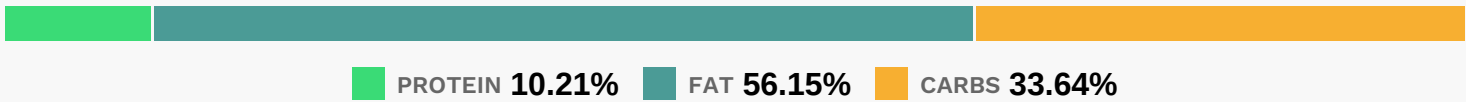
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions; drain and keep warm.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add garlic, and saut 2 minutes or until lightly browned. Stir in cream, 1/2 cup broth, and basil. Increase heat to high, and bring to a boil.
- ☐ Remove from heat; add pasta and remaining 1/2 cup broth.
- ☐ Sprinkle with Parmesan cheese, and toss to coat. Stir in pepper to taste.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:22.82, Inflammation Score:-8, Nutrition Score:16.504347505777%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 733.12kcal (36.66%), Fat: 45.95g (70.69%), Saturated Fat: 28.18g (176.1%), Carbohydrates: 61.94g (20.65%), Net Carbohydrates: 59.43g (21.61%), Sugar: 4.55g (5.05%), Cholesterol: 135.67mg (45.22%), Sodium: 617.25mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.61%), Selenium: 57.89µg (82.7%), Manganese: 0.79mg (39.68%), Vitamin A: 1821.23IU (36.42%), Phosphorus: 328.94mg (32.89%), Calcium: 264.56mg (26.46%), Vitamin B2: 0.3mg (17.49%), Vitamin K: 16.48µg (15.7%), Zinc: 2.23mg (14.9%), Magnesium: 55.9mg (13.97%), Copper: 0.26mg (12.86%), Fiber: 2.51g (10.05%), Vitamin D: 1.37µg (9.16%), Potassium: 306.55mg (8.76%), Vitamin B6: 0.17mg (8.49%), Vitamin E: 1.25mg (8.36%), Vitamin B3: 1.48mg (7.39%), Vitamin B12: 0.44µg (7.29%), Iron: 1.31mg (7.26%), Vitamin B1: 0.1mg (6.77%), Vitamin B5: 0.63mg (6.27%), Folate: 20.5µg (5.12%), Vitamin C: 1.33mg (1.61%)