



Low-Cal Fettuccine Alfredo

READY IN



25 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces fettuccine barilla fresh
- 2 teaspoons flour all-purpose
- 3 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 4 servings kosher salt
- 1 teaspoon lemon zest grated
- 2 tablespoons cream cheese low-fat
- 1 cup milk 2% low-fat ()
- 0.8 cup parmesan cheese grated plus more for topping

- 4 servings pepper freshly ground
- 1 tablespoon butter unsalted

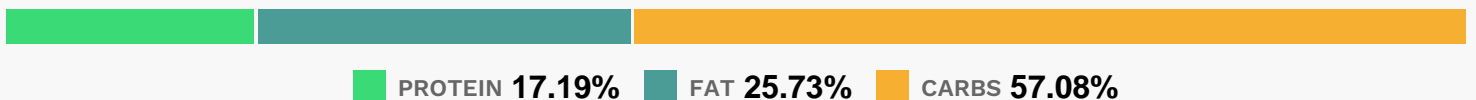
Equipment

- bowl
- frying pan
- whisk
- pot
- wooden spoon

Directions

- Make the sauce: Melt the butter in a skillet over medium heat.
- Add the garlic and lemon zest and cook until the garlic is slightly soft, about 1 minute.
- Add in the flour and cook, stirring with a wooden spoon, 1 minute.
- Whisk in the milk and 3/4 teaspoon salt and cook, whisking constantly, until just thickened, about 3 minutes.
- Add the Neufchatel and parmesan cheese; whisk until melted, about 1 minute. Stir in the chopped parsley. Meanwhile, bring a large pot of salted water to a boil.
- Add the fettuccine and cook until al dente, 2 to 3 minutes. Reserve 1 cup cooking water, then drain the pasta and return to the pot.
- Add the sauce and 1/2 cup of the reserved cooking water to the pasta and gently toss to combine, adding more cooking water as needed to loosen. Season with salt. Divide among bowls and top with parmesan and pepper.
- Photograph by Andrew McCaul

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:26.1, Inflammation Score:-6, Nutrition Score:19.823043377503%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 477.39kcal (23.87%), Fat: 13.61g (20.95%), Saturated Fat: 6.73g (42.08%), Carbohydrates: 67.96g (22.65%), Net Carbohydrates: 64.93g (23.61%), Sugar: 5.03g (5.59%), Cholesterol: 102.28mg (34.09%), Sodium: 591.97mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.46g (40.93%), Selenium: 75.61µg (108.02%), Vitamin K: 50.51µg (48.1%), Phosphorus: 401.04mg (40.1%), Manganese: 0.78mg (39.16%), Calcium: 288.68mg (28.87%), Zinc: 2.8mg (18.63%), Magnesium: 65.8mg (16.45%), Vitamin B12: 0.93µg (15.58%), Vitamin B2: 0.25mg (14.6%), Vitamin A: 713.01IU (14.26%), Copper: 0.27mg (13.69%), Vitamin B1: 0.2mg (13.25%), Vitamin B6: 0.25mg (12.57%), Fiber: 3.03g (12.11%), Vitamin B5: 1.14mg (11.41%), Iron: 1.97mg (10.97%), Potassium: 378.06mg (10.8%), Vitamin B3: 1.98mg (9.92%), Folate: 34.99µg (8.75%), Vitamin D: 1.07µg (7.15%), Vitamin C: 4.87mg (5.9%), Vitamin E: 0.55mg (3.66%)