



Neely's Alfredo Pasta

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

438 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 4 slices bacon thinly sliced
- ☐ 4 tablespoons chiffonade basil leaves
- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons fontina finely grated
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup heavy cream
- ☐ 6 servings kosher salt
- ☐ 1 lemon zest
- ☐ 1 pound pasta

- ☐ 1 onion finely chopped
- ☐ 0.3 teaspoon pepper flakes red

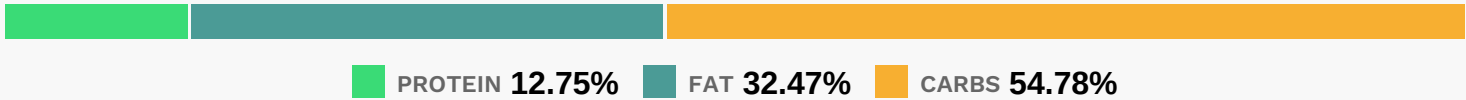
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of salted water over medium heat to a boil.
- ☐ Add the linguine and cook until al dente.
- ☐ Cook the bacon in a large saucepan, over medium heat, until crisp.
- ☐ Remove the bacon with a slotted spoon to a paper towel lined plate.
- ☐ Add the onions and garlic to the pan and saute until tender, roughly 3 minutes. Stir in the red pepper flakes, season with salt and pepper, to taste, and saute until fragrant.
- ☐ Add the heavy cream and simmer until thick, about 4 minutes, being careful not to burn the mixture. Stir in the cheese and lemon zest.
- ☐ Drain the linguine and add to the saucepan. Carefully toss the pasta in the sauce.
- ☐ Add the bacon and season with salt and pepper, to taste.
- ☐ Transfer to a large platter and garnish with basil.
- ☐ Serve immediately while hot.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:23.21, Inflammation Score:-5, Nutrition Score:11.835217403329%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 438.32kcal (21.92%), Fat: 15.71g (24.16%), Saturated Fat: 7.68g (48%), Carbohydrates: 59.62g (19.87%), Net Carbohydrates: 56.69g (20.61%), Sugar: 3.51g (3.9%), Cholesterol: 37.81mg (12.6%), Sodium: 342.61mg (14.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.76%), Selenium: 52.3µg (74.72%), Manganese: 0.77mg (38.3%), Phosphorus: 200.68mg (20.07%), Copper: 0.25mg (12.33%), Magnesium: 47.29mg (11.82%), Fiber: 2.93g (11.73%), Zinc: 1.52mg (10.14%), Vitamin B6: 0.2mg (9.88%), Vitamin B3: 1.95mg (9.75%), Vitamin A: 438.52IU (8.77%), Vitamin B1: 0.13mg (8.35%), Potassium: 258.93mg (7.4%), Calcium: 67.37mg (6.74%), Iron: 1.21mg (6.7%), Vitamin B2: 0.11mg (6.67%), Vitamin K: 6.71µg (6.39%), Vitamin B5: 0.52mg (5.16%), Folate: 19.29µg (4.82%), Vitamin C: 3.32mg (4.02%), Vitamin B12: 0.19µg (3.13%), Vitamin D: 0.41µg (2.7%), Vitamin E: 0.39mg (2.62%)