

## Noodles Alfredo

READY IN



45 min.

SERVINGS



6

CALORIES



420 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup butter
- 1 tablespoon parsley dried
- 6 servings ground pepper black to taste
- 0.5 cup heavy whipping cream
- 1 cup parmesan cheese grated
- 0.3 teaspoon salt
- 8 ounce wide egg noodles

### Equipment

sauce pan

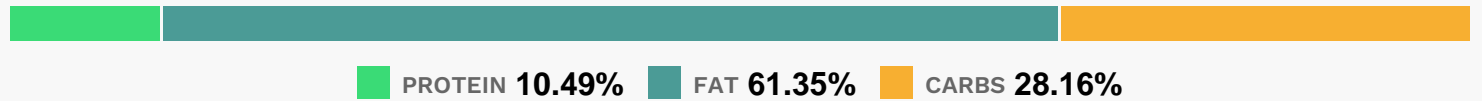
## Directions

Cook noodles according to package directions.

Meanwhile, heat butter or margarine and cream in a small saucepan over low heat until butter or margarine is melted. Stir in cheese, parsley, and salt and pepper; keep warm over low heat.

Drain pasta. Toss with sauce to coat.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:11.32, Inflammation Score:-6, Nutrition Score:9.7152175333189%

## Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

## Nutrients (% of daily need)

Calories: 419.61kcal (20.98%), Fat: 28.87g (44.41%), Saturated Fat: 17.32g (108.25%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 28.45g (10.35%), Sugar: 1.34g (1.49%), Cholesterol: 109.33mg (36.44%), Sodium: 525.02mg (22.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.22%), Selenium: 36.46µg (52.08%), Phosphorus: 214.42mg (21.44%), Manganese: 0.38mg (19.16%), Vitamin A: 938.89IU (18.78%), Calcium: 182.5mg (18.25%), Zinc: 1.53mg (10.21%), Vitamin B2: 0.14mg (8.43%), Magnesium: 31.03mg (7.76%), Vitamin K: 7.13µg (6.79%), Vitamin B12: 0.4µg (6.64%), Copper: 0.13mg (6.26%), Vitamin E: 0.88mg (5.85%), Fiber: 1.36g (5.45%), Vitamin B6: 0.11mg (5.3%), Iron: 0.9mg (5%), Vitamin B1: 0.07mg (4.96%), Vitamin B5: 0.48mg (4.75%), Potassium: 156.57mg (4.47%), Vitamin B3: 0.86mg (4.31%), Folate: 13.94µg (3.48%), Vitamin D: 0.51µg (3.43%)