



Noodles Romanoff II

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 clove garlic crushed
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 8 ounce wide egg noodles

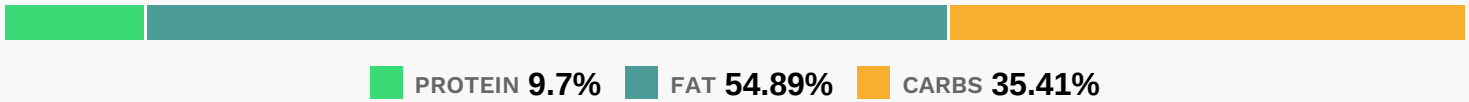
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot with boiling salted water cook egg noodles until al dente.
- ☐ Drain.
- ☐ In a large bowl mix together the sour cream, 1/4 cup of the grated Parmesan cheese, chives, salt, ground black pepper, and garlic.
- ☐ Stir in butter or margarine to hot egg noodles. Stir in sour cream mixture.
- ☐ Arrange noodles on warm platter and sprinkle with remaining 1/4 cup of grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:8.52, Inflammation Score:-4, Nutrition Score:6.5173913370008%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 261.71kcal (13.09%), Fat: 16.13g (24.82%), Saturated Fat: 8.43g (52.67%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 22.46g (8.17%), Sugar: 2.51g (2.79%), Cholesterol: 67.98mg (22.66%), Sodium: 391.74mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Selenium: 25.65µg (36.65%), Phosphorus: 133.52mg (13.35%), Manganese: 0.26mg (13.19%), Vitamin A: 506.83IU (10.14%), Calcium: 97.8mg (9.78%), Vitamin B2: 0.14mg (7.94%), Magnesium: 23.67mg (5.92%), Zinc: 0.88mg (5.87%), Copper: 0.1mg (4.91%), Vitamin B5: 0.47mg (4.7%), Vitamin B6: 0.09mg (4.64%), Potassium: 150.73mg (4.31%), Vitamin B12: 0.25µg (4.19%), Vitamin B1: 0.06mg (4.12%), Fiber: 0.96g (3.84%), Iron: 0.61mg (3.4%), Vitamin B3: 0.66mg (3.29%), Folate: 12.37µg (3.09%), Vitamin E: 0.42mg (2.81%), Vitamin K: 2.16µg (2.06%), Vitamin C: 0.85mg (1.03%)