



## Pasta with Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



854 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups heavy cream
- ☐ 1.3 teaspoons kosher salt
- ☐ 4 ounces parmesan grated
- ☐ 1 pound soup noodles dried
- ☐ 0.5 cup milk whole

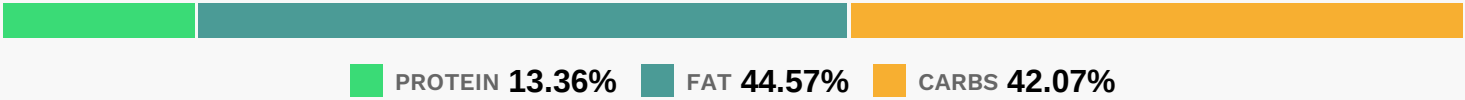
## Equipment

- ☐ sauce pan

## Directions

- ☐
- Cook the pasta according to the package directions. In a large saucepan, over medium-low heat, warm the cream, milk, salt, and pepper.
- ☐
- Add the cooked pasta and Parmesan and stir until the cheese melts and the sauce thickens, 2 to 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.75, Glycemic Load:34.86, Inflammation Score:-8, Nutrition Score:20.827826214873%

## Nutrients (% of daily need)

Calories: 854.21kcal (42.71%), Fat: 42.24g (64.98%), Saturated Fat: 26.06g (162.9%), Carbohydrates: 89.71g (29.9%), Net Carbohydrates: 86.01g (31.28%), Sugar: 7.33g (8.14%), Cholesterol: 123.79mg (41.26%), Sodium: 1223.41mg (53.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.48g (56.97%), Selenium: 81.32µg (116.17%), Manganese: 1.08mg (54.07%), Phosphorus: 494.03mg (49.4%), Calcium: 457.45mg (45.74%), Vitamin A: 1584.16IU (31.68%), Vitamin B2: 0.37mg (21.91%), Magnesium: 82.93mg (20.73%), Zinc: 2.72mg (18.15%), Copper: 0.35mg (17.54%), Fiber: 3.69g (14.77%), Vitamin D: 1.91µg (12.7%), Vitamin B6: 0.24mg (11.87%), Potassium: 412.97mg (11.8%), Vitamin B12: 0.65µg (10.79%), Vitamin B3: 2.1mg (10.48%), Iron: 1.83mg (10.15%), Vitamin B1: 0.15mg (9.89%), Vitamin B5: 0.96mg (9.62%), Vitamin E: 1.03mg (6.84%), Folate: 26.01µg (6.5%), Vitamin K: 3.95µg (3.76%)