



## Pasta with Creamy Alfredo Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 ounce alfredo sauce (fresh with contadina)
- 2 cups farfalle pasta (uncooked)
- 0.3 cup finely-chopped ham (diced cooked)
- 1 tablespoon sage (fresh chopped)
- 1 clove garlic (minced)
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese (freshly grated)
- 0.5 teaspoon pepper (freshly ground)
- 1 large bell pepper (diced sweet red)

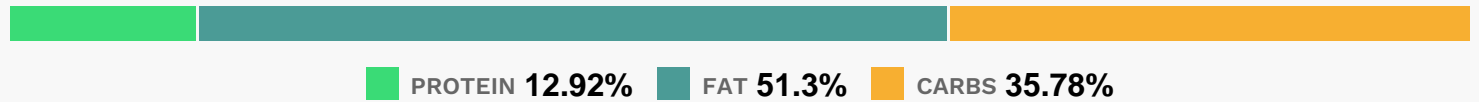
# Equipment

frying pan

# Directions

- Heat oil in a large skillet over medium-high heat.
- Add ham, red pepper, and garlic; cook 3 minutes, stirring often. Reduce heat to medium-low; stir in Alfredo sauce, sage, and pepper. Cook, stirring constantly, until thoroughly heated.
- Meanwhile, cook pasta according to package directions; drain.
- Add pasta to skillet; toss well.
- Sprinkle with cheese.

# Nutrition Facts



# Properties

Glycemic Index:34, Glycemic Load:9.62, Inflammation Score:-8, Nutrition Score:15.766521545208%

# Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

# Nutrients (% of daily need)

Calories: 324.74kcal (16.24%), Fat: 18.25g (28.08%), Saturated Fat: 7.58g (47.36%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 26.64g (9.69%), Sugar: 3.67g (4.08%), Cholesterol: 58.8mg (19.6%), Sodium: 698.24mg (30.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.69%), Copper: 4.66mg (232.97%), Vitamin C: 54.91mg (66.56%), Selenium: 23.17µg (33.1%), Vitamin A: 1339.21IU (26.78%), Manganese: 0.52mg (26.22%), Phosphorus: 136.58mg (13.66%), Vitamin B6: 0.2mg (10.06%), Vitamin E: 1.22mg (8.13%), Fiber: 2.01g (8.03%), Calcium: 77.32mg (7.73%), Vitamin B1: 0.11mg (7.13%), Magnesium: 28.15mg (7.04%), Zinc: 1.05mg (6.97%), Vitamin B3: 1.26mg (6.29%), Folate: 24.98µg (6.25%), Vitamin B2: 0.1mg (5.88%), Potassium: 204.13mg (5.83%), Iron: 0.9mg (4.99%), Vitamin K: 4.67µg (4.45%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.22µg (3.62%)