



## PHILADELPHIA Smarter Fettuccine Alfredo

READY IN



20 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup philadelphia cream cheese spread light
- ☐ 300 grams fettuccine barilla uncooked
- ☐ 4 teaspoons flour
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.3 cups 5%-less-sodium chicken broth
- ☐ 3 tablespoons parmesan cheese light 100% divided grated
- ☐ 0.1 teaspoon pepper

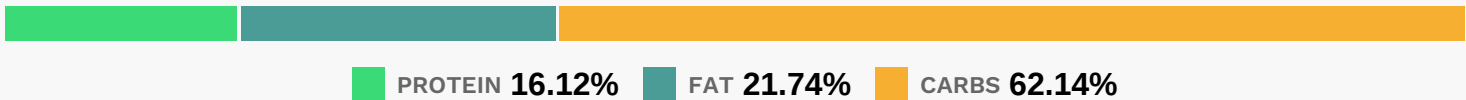
# Equipment

- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Cook pasta as directed on package.
- ☐ Meanwhile, combine broth and flour in medium saucepan. Stir in cream cheese spread, 2 tablespoon of the Parmesan cheese, the nutmeg and pepper; cook 2 minutes, stirring constantly with wire whisk until mixture boils and thickens.
- ☐ Drain pasta. Toss with sauce.
- ☐ Sprinkle with remaining 1 tablespoon Parmesan cheese and the parsley.

# Nutrition Facts



# Properties

Glycemic Index:70, Glycemic Load:23.62, Inflammation Score:-5, Nutrition Score:14.097826123238%

# Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 370.23kcal (18.51%), Fat: 8.92g (13.73%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 57.39g (19.13%), Net Carbohydrates: 54.75g (19.91%), Sugar: 2.18g (2.42%), Cholesterol: 77.28mg (25.76%), Sodium: 186.92mg (8.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.78%), Selenium: 60.63µg (86.61%), Manganese: 0.67mg (33.52%), Vitamin K: 33.35µg (31.76%), Phosphorus: 232.59mg (23.26%), Vitamin B3: 2.74mg (13.71%), Copper: 0.27mg (13.48%), Magnesium: 47.66mg (11.92%), Zinc: 1.66mg (11.04%), Fiber: 2.64g (10.55%), Iron: 1.84mg (10.21%), Calcium: 99.87mg (9.99%), Vitamin B1: 0.15mg (9.79%), Vitamin B6: 0.18mg (8.79%), Vitamin A: 424.45IU (8.49%), Potassium: 264.36mg (7.55%), Folate: 28.82µg (7.2%), Vitamin B5: 0.72mg (7.19%), Vitamin B2: 0.11mg (6.71%), Vitamin B12: 0.34µg (5.6%), Vitamin C: 2.66mg (3.23%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.24µg (1.63%)