



Pork-and-Vegetable Alfredo

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup alfredo sauce light
- ☐ 1 cup broccoli chopped
- ☐ 2 cups fettuccine barilla fresh hot cooked uncooked (4 ounces pasta)
- ☐ 1 cup mushrooms sliced
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 3 ounces apricot-glazed pork roast thinly sliced
- ☐ 1 Dash salt

☐ 0.5 teaspoon vegetable oil

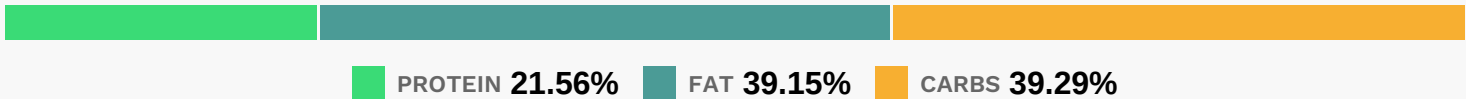
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms, broccoli, and onion; saut 5 minutes or until tender.
- ☐ Add fettuccine, pork, salt, and pepper; saut 2 minutes. Stir in alfredo sauce; cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:13.82, Inflammation Score:-6, Nutrition Score:18.521304130554%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 356.32kcal (17.82%), Fat: 15.51g (23.86%), Saturated Fat: 6.3g (39.41%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 31.67g (11.52%), Sugar: 4.23g (4.7%), Cholesterol: 97.33mg (32.44%), Sodium: 480.08mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.42%), Selenium: 42.1µg (60.14%), Vitamin C: 42.23mg (51.19%), Vitamin K: 47.26µg (45.01%), Vitamin B6: 0.53mg (26.39%), Phosphorus: 252.21mg (25.22%), Manganese: 0.49mg (24.64%), Vitamin B3: 4.9mg (24.51%), Vitamin B2: 0.35mg (20.71%), Vitamin B1: 0.3mg (20.12%), Vitamin B5: 1.59mg (15.93%), Copper: 0.31mg (15.59%), Potassium: 530.46mg (15.16%), Fiber: 3.35g (13.38%), Zinc: 1.91mg (12.75%), Magnesium: 49.13mg (12.28%), Folate: 48.18µg (12.04%), Iron: 1.48mg (8.21%), Vitamin A: 296.97IU (5.94%), Vitamin B12: 0.33µg (5.48%), Vitamin E: 0.68mg (4.51%), Calcium: 43.31mg (4.33%), Vitamin D: 0.37µg (2.46%)