



Pork Ramen Alfredo-College Dorm Special

READY IN



25 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup heavy cream
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons mascarpone cheese
- ☐ 1.5 cups parmesan grated
- ☐ 1 teaspoon parsley leaves minced
- ☐ 2 packages pork ramen noodles

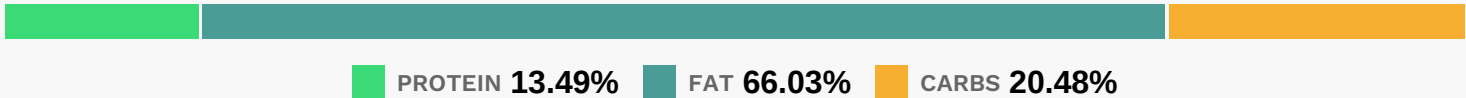
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the ramen noodles according to package directions.
- ☐ Drain the excess liquid from noodles and set aside. In a medium saute pan, over medium-high heat, add the cream and butter, and heat until the liquid begins to simmer. Reduce the heat to medium, allowing the liquid to reduce by a little more than half. This should take 5 to 6 minutes. Stir in the garlic, Parmesan, mascarpone cheese and parsley. Fold in the cooked ramen noodles, reduce the heat to low and allow the sauce to thicken for 4 to 5 minutes. Season with salt and pepper, to taste, transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:12.73, Inflammation Score:-7, Nutrition Score:13.551304210787%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 596.68kcal (29.83%), Fat: 44.04g (67.75%), Saturated Fat: 26.95g (168.44%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 29.68g (10.79%), Sugar: 2.73g (3.03%), Cholesterol: 107.76mg (35.92%), Sodium: 1509.12mg (65.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.49%), Calcium: 511.03mg (51.1%), Phosphorus: 349.41mg (34.94%), Vitamin B1: 0.47mg (31.21%), Vitamin A: 1367.92IU (27.36%), Selenium: 14.8µg (21.14%), Vitamin B2: 0.35mg (20.59%), Manganese: 0.27mg (13.41%), Folate: 53.25µg (13.31%), Iron: 2.12mg (11.76%), Vitamin B12: 0.66µg (10.96%), Zinc: 1.56mg (10.42%), Vitamin B3: 1.89mg (9.46%), Vitamin E: 1.36mg (9.04%), Magnesium: 31.19mg (7.8%), Vitamin D: 1.14µg (7.6%), Vitamin B6: 0.12mg (5.86%), Vitamin K: 5.82µg (5.54%), Potassium: 177.43mg (5.07%), Copper: 0.1mg (4.99%), Vitamin B5: 0.46mg (4.56%), Fiber: 1.05g (4.18%), Vitamin C: 1.14mg (1.38%)