



Pumpkin Goat Cheese Fettuccine Alfredo with Crispy Fried Sage

♥♥ Popular

READY IN



15 min.

SERVINGS



2

CALORIES



1005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 handful sage leaves
- ☐ 1 clove garlic chopped
- ☐ 4 ounces goat cheese
- ☐ 1 cup milk (or heavy/whipping cream)
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 6 ounces soup noodles

- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 0.5 cup pumpkin puree
- ☐ 1 tablespoon sage sliced
- ☐ 2 servings salt and pepper to taste

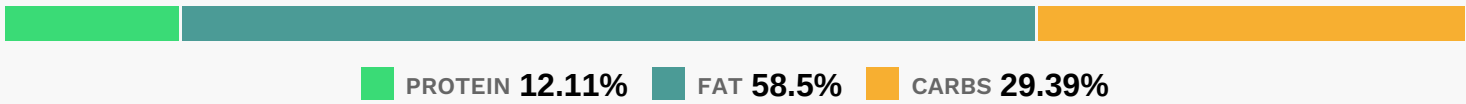
Equipment

- ☐ frying pan

Directions

- ☐ Cook the pasta as directed on the package.Melt the butter in pan over medium heat, add the garlic and cook until fragrant, about a minute.
- ☐ Add the cream, pumpkin puree, goat cheese, parmesan, sage and pumpkin pie spice and simmer until the cheese has melted.
- ☐ Remove from heat and season with salt and pepper.Melt the butter in a pan over medium heat, let it turn a light brown, add the sage and fry until crispy.
- ☐ Serve hot over the pasta garnished with more parmesan and crispy fried sage.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:25.78, Inflammation Score:-10, Nutrition Score:31.380000114441%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1004.66kcal (50.23%), Fat: 65.72g (101.11%), Saturated Fat: 41.85g (261.58%), Carbohydrates: 74.29g (24.76%), Net Carbohydrates: 69.14g (25.14%), Sugar: 8.41g (9.34%), Cholesterol: 184.1mg (61.37%), Sodium: 688.78mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.25%), Copper: 25.22mg (1260.91%), Vitamin A: 12140.68IU (242.81%), Manganese: 1.8mg (90%), Selenium: 62.27µg (88.96%), Phosphorus: 490.35mg (49.04%), Calcium: 398.84mg (39.88%), Vitamin B2: 0.58mg (34.06%), Magnesium: 96.65mg (24.16%), Iron: 4.24mg (23.54%), Fiber: 5.15g (20.58%), Vitamin B6: 0.37mg (18.48%), Zinc: 2.64mg (17.57%), Vitamin K:

15.51µg (14.77%), Vitamin D: 2.19µg (14.62%), Potassium: 498.93mg (14.26%), Vitamin E: 2.14mg (14.24%), Vitamin B5: 1.37mg (13.74%), Vitamin B1: 0.19mg (12.48%), Vitamin B3: 2.04mg (10.22%), Folate: 35.41µg (8.85%), Vitamin B12: 0.46µg (7.67%), Vitamin C: 3.81mg (4.62%)