



Quick and Easy Parmesan Noodles

READY IN



25 min.

SERVINGS



8

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 16 ounce farfalle pasta (bow tie)
- 2 cloves garlic peeled
- 8 servings ground pepper black to taste
- 1.5 cups heavy whipping cream
- 1 cup parmesan cheese grated

Equipment

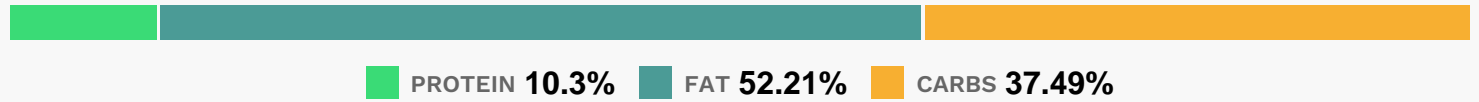
- sauce pan

pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook bow-tie pasta at a boil, stirring occasionally, until cooked through yet firm to the bite, about 12 minutes; drain and return pasta to pot.
- Melt butter in a small saucepan over low heat; add cream and garlic cloves. Simmer until heated through, 2 to 3 minutes.
- Remove and discard garlic cloves. Stir cream sauce into bow-tie pasta; season with black pepper.
- Add Parmesan cheese; toss until cheese melts.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:17.1, Inflammation Score:-6, Nutrition Score:10.460434918818%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 483.89kcal (24.19%), Fat: 28.14g (43.3%), Saturated Fat: 17.22g (107.64%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 43.62g (15.86%), Sugar: 2.84g (3.15%), Cholesterol: 81.64mg (27.21%), Sodium: 295.17mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Selenium: 41.75µg (59.65%), Manganese: 0.56mg (27.81%), Phosphorus: 215.87mg (21.59%), Vitamin A: 1001.09IU (20.02%), Calcium: 155.93mg (15.59%), Zinc: 1.47mg (9.77%), Vitamin B2: 0.17mg (9.72%), Magnesium: 38.1mg (9.52%), Copper: 0.18mg (8.87%), Fiber: 1.86g (7.42%), Vitamin B6: 0.12mg (5.81%), Potassium: 198.44mg (5.67%), Vitamin D: 0.78µg (5.18%), Vitamin B3: 1.01mg (5.06%), Vitamin E: 0.76mg (5.05%), Iron: 0.86mg (4.79%), Vitamin B1: 0.07mg (4.36%), Vitamin B12: 0.26µg (4.27%), Vitamin B5: 0.42mg (4.15%), Folate: 13.06µg (3.27%), Vitamin K: 2.54µg (2.41%)