



Ranch Noodles

READY IN



15 min.

SERVINGS



6

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 8 ounce extra wide egg noodles
- 0.5 cup parmesan cheese grated
- 0.5 cup ranch dressing
- 0.5 cup heavy whipping cream sour

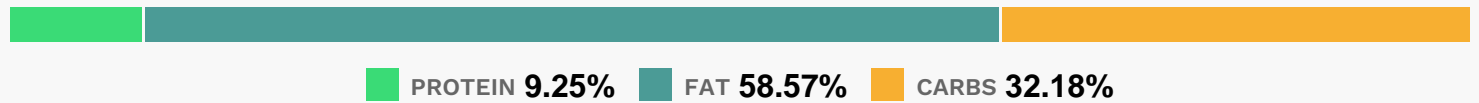
Equipment

- frying pan
- pot

Directions

- Cook egg noodles according to package directions; drain and return to pot. Stir in butter and remaining ingredients.
- Serve immediately.
- Note: We substituted 1 (8-ounce) package of thin spaghetti for the egg noodles and added chopped cooked ham and steamed broccoli. Sauting the ham in a lightly greased skillet over medium-high heat gives it a crisp and smoky bacon-like flavor.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:11.31, Inflammation Score:-4, Nutrition Score:9.1791303604841%

Nutrients (% of daily need)

Calories: 372kcal (18.6%), Fat: 24.3g (37.39%), Saturated Fat: 9.93g (62.04%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 28.8g (10.47%), Sugar: 2.31g (2.57%), Cholesterol: 75.85mg (25.28%), Sodium: 400.73mg (17.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Selenium: 34.21µg (48.87%), Vitamin K: 28.08µg (26.74%), Phosphorus: 197.97mg (19.8%), Manganese: 0.34mg (17.04%), Calcium: 114.12mg (11.41%), Vitamin A: 458.89IU (9.18%), Zinc: 1.19mg (7.95%), Magnesium: 27.95mg (6.99%), Vitamin B2: 0.12mg (6.8%), Copper: 0.12mg (6.14%), Vitamin E: 0.92mg (6.12%), Vitamin B5: 0.61mg (6.06%), Vitamin B12: 0.31µg (5.21%), Vitamin B6: 0.1mg (5.13%), Fiber: 1.25g (4.99%), Vitamin B1: 0.07mg (4.92%), Iron: 0.83mg (4.62%), Potassium: 146.59mg (4.19%), Vitamin B3: 0.83mg (4.16%), Folate: 13.7µg (3.42%), Vitamin D: 0.18µg (1.17%)