



Really Creamy Fettuccine Alfredo

READY IN



15 min.

SERVINGS



4

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese
- 0.3 teaspoon basil dried
- 1 teaspoon garlic powder
- 1 pinch ground nutmeg
- 0.5 cup butter
- 0.5 cup milk
- 0.8 cup parmesan cheese grated
- 8 ounces fettuccine pasta dry

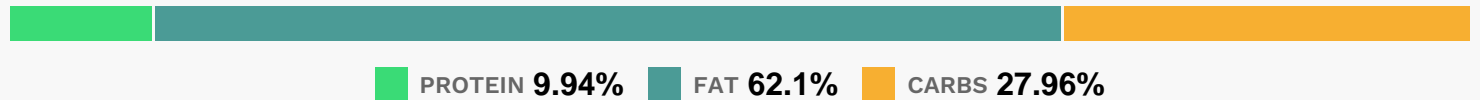
Equipment

- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a medium saucepan, combine cream cheese, Parmesan, margarine, milk, garlic powder and basil and stir over low heat until smooth and creamy, 10 to 15 minutes. Toss sauce with pasta and sprinkle with nutmeg.
- Serve.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:18.48, Inflammation Score:-8, Nutrition Score:14.284782724536%

Nutrients (% of daily need)

Calories: 713.99kcal (35.7%), Fat: 49.53g (76.2%), Saturated Fat: 19.89g (124.32%), Carbohydrates: 50.17g (16.72%), Net Carbohydrates: 48.21g (17.53%), Sugar: 5.22g (5.8%), Cholesterol: 77.24mg (25.75%), Sodium: 789.27mg (34.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.68%), Selenium: 48.04µg (68.62%), Vitamin A: 1988.76IU (39.78%), Phosphorus: 327.84mg (32.78%), Manganese: 0.56mg (28.2%), Calcium: 281.13mg (28.11%), Vitamin B2: 0.28mg (16.69%), Zinc: 2.05mg (13.68%), Magnesium: 47.71mg (11.93%), Vitamin E: 1.55mg (10.35%), Vitamin B12: 0.57µg (9.52%), Copper: 0.19mg (9.49%), Potassium: 304.92mg (8.71%), Vitamin B6: 0.16mg (8.11%), Fiber: 1.96g (7.83%), Vitamin B5: 0.77mg (7.72%), Vitamin B1: 0.09mg (6.22%), Iron: 0.99mg (5.5%), Vitamin B3: 1.08mg (5.4%), Folate: 17.45µg (4.36%), Vitamin D: 0.43µg (2.86%), Vitamin K: 2.73µg (2.6%)