



Ricotta Fettuccine Alfredo with Broccoli

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 4 cups fettuccine barilla hot cooked uncooked (8 ounces pasta)
- 2 cups milk fat-free
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh minced
- 0.3 teaspoon coarsely ground pepper black
- 0.5 cup parmesan cheese grated
- 2.5 ounces part-skim ricotta cheese
- 0.3 teaspoon salt

2 tablespoons stick margarine

Equipment

sauce pan

whisk

Directions

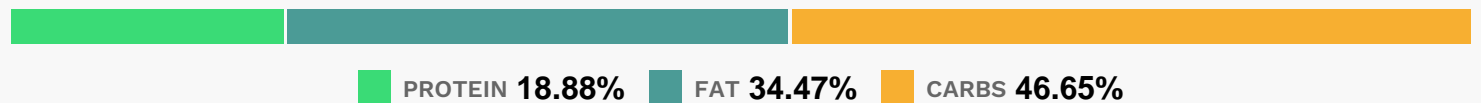
Steam broccoli, covered, 3 minutes or until crisp-tender.

Melt the butter in a saucepan over medium heat.

Add flour, and cook for 1 minute, stirring constantly. Gradually add milk, stirring with a whisk until blended. Cook 15 minutes or until thick, stirring constantly. Stir in cheeses, salt, and pepper, and cook 5 minutes or until cheese melts. Stir in broccoli and pasta.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:63.56, Glycemic Load:17.02, Inflammation Score:-8, Nutrition Score:20.504782344984%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 344.18kcal (17.21%), Fat: 13.31g (20.47%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 40.52g (13.51%), Net Carbohydrates: 37.9g (13.78%), Sugar: 7.46g (8.29%), Cholesterol: 49.91mg (16.64%), Sodium: 527.57mg (22.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.81%), Vitamin K: 79.76µg (75.96%), Selenium: 36.82µg (52.6%), Vitamin C: 43.26mg (52.44%), Calcium: 360.32mg (36.03%), Phosphorus: 358.17mg (35.82%), Manganese: 0.48mg (24.06%), Vitamin A: 1164.78IU (23.3%), Vitamin B2: 0.33mg (19.63%), Vitamin B12: 1.03µg (17.18%), Zinc: 2.24mg (14.9%), Magnesium: 55.18mg (13.8%), Potassium: 452.53mg (12.93%), Folate: 51.38µg (12.84%), Vitamin B1: 0.17mg (11.4%), Vitamin B5: 1.08mg (10.85%), Vitamin B6: 0.22mg (10.81%), Fiber: 2.62g (10.47%), Vitamin D: 1.53µg (10.2%), Iron: 1.4mg (7.75%), Copper: 0.15mg (7.34%), Vitamin E: 0.85mg (5.69%),

Vitamin B3: 1.12mg (5.61%)