



Ricotta Fettuccine Alfredo with Broccoli

READY IN



35 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets fresh
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon pepper black
- 0.5 cup parmesan cheese grated
- 0.7 cup part-skim ricotta
- 8 ounces soup noodles
- 0.3 teaspoon salt

2 cups skim milk

Equipment

sauce pan

whisk

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.

Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes.

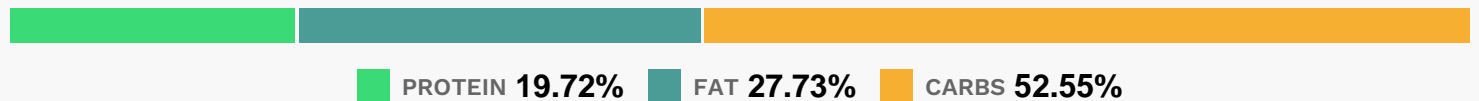
Drain.

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 ricotta cheese, Parmesan cheese, salt, and pepper. Cook 5 minutes or until cheese melts. Stir in steamed broccoli and cooked pasta.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:74.06, Glycemic Load:21.71, Inflammation Score:-8, Nutrition Score:23.612608723018%

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: 442.01kcal (22.1%), Fat: 13.63g (20.96%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 54.9g (19.96%), Sugar: 8.64g (9.6%), Cholesterol: 42.41mg (14.14%), Sodium: 530.63mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.81g (43.61%), Vitamin K: 80.47µg (76.64%), Selenium: 52.05µg (74.36%), Vitamin C: 43.25mg (52.42%), Phosphorus: 430.24mg (43.02%), Calcium: 423.56mg (42.36%), Manganese: 0.68mg (33.95%), Vitamin B2: 0.39mg (22.97%), Vitamin A: 1144.3IU (22.89%), Zinc: 2.69mg (17.92%), Vitamin B12: 1.01µg (16.85%), Magnesium: 67.06mg (16.77%), Potassium: 567.92mg (16.23%), Folate: 57.58µg (14.39%), Vitamin B1: 0.2mg (13.04%), Fiber: 3.2g (12.78%), Vitamin B6: 0.25mg (12.68%), Vitamin B5: 1.12mg (11.17%), Copper: 0.22mg (10.89%), Vitamin D: 1.45µg (9.68%), Iron: 1.62mg (9%), Vitamin B3: 1.69mg (8.47%), Vitamin E: 0.69mg (4.61%)