



Southwestern Fettuccine Alfredo

READY IN



45 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 ounce chiles green chopped canned
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 1 small jalapeno minced seeded
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup whipping cream

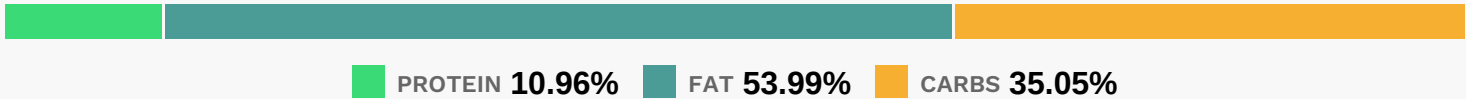
Equipment

- ☐ sauce pan

Directions

- ☐ Cook pasta according to package directions; drain.
- ☐ Melt butter in a large saucepan over medium-high heat; add corn, and saut 6 minutes or until tender. Stir in chiles, jalapeo pepper, and garlic; saut 1 minute. Stir in Parmesan cheese and next 3 ingredients. Cook over medium-low heat, stirring often, until thoroughly heated. Stir in pasta.
- ☐ Sprinkle evenly with cilantro, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:17.05, Inflammation Score:-8, Nutrition Score:16.473043441772%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 589.15kcal (29.46%), Fat: 35.97g (55.34%), Saturated Fat: 21.26g (132.89%), Carbohydrates: 52.53g (17.51%), Net Carbohydrates: 49.31g (17.93%), Sugar: 4.81g (5.34%), Cholesterol: 144.87mg (48.29%), Sodium: 852.22mg (37.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Selenium: 53.1µg (75.86%), Phosphorus: 321.92mg (32.19%), Manganese: 0.59mg (29.35%), Vitamin A: 1356.58IU (27.13%), Calcium: 231.28mg (23.13%), Vitamin C: 16.72mg (20.27%), Zinc: 2.22mg (14.83%), Magnesium: 58.27mg (14.57%), Vitamin B2: 0.24mg (13.89%), Fiber: 3.22g (12.87%), Folate: 51.35µg (12.84%), Vitamin B6: 0.24mg (12.06%), Vitamin B1: 0.17mg (11.5%), Vitamin B3: 2.11mg (10.55%), Potassium: 360.98mg (10.31%), Copper: 0.21mg (10.26%), Vitamin B5: 1.01mg (10.07%), Iron: 1.81mg (10.03%), Vitamin B12: 0.51µg (8.55%), Vitamin E: 1.2mg (8%), Vitamin D: 0.98µg (6.52%), Vitamin K: 4.3µg (4.1%)