



Spinach Fettuccine

READY IN



30 min.

SERVINGS



8

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz fettuccine barilla uncooked
- ☐ 9 oz spinach frozen chopped
- ☐ 1 tablespoon butter light
- ☐ 1 clove garlic finely chopped
- ☐ 2 oz weight cream cheese fat-free cut into cubes
- ☐ 0.8 cup chicken broth reduced-sodium (from 32-oz carton)
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.8 cup pecorino cheese freshly grated
- ☐ 0.8 cup skim milk fat-free

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup bacon crumbled cooked

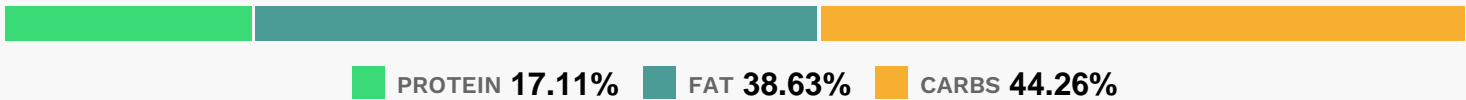
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook fettuccine in 5-quart Dutch oven as directed on package, omitting salt and oil.
- ☐ Drain, reserving 1/2 cup cooking water. Return fettuccine to pan; cover to keep warm. Meanwhile, cook frozen spinach as directed on box; squeeze dry.
- ☐ In 12-inch nonstick skillet, melt butter over medium-high heat.
- ☐ Add garlic; cook and stir 30 seconds.
- ☐ Add reserved cooking water and cream cheese, stirring with whisk until smooth.
- ☐ In small bowl, stir broth and flour with whisk until smooth.
- ☐ Add flour mixture to skillet, stirring with whisk until blended.
- ☐ Heat to boiling; cook 2 minutes, stirring constantly, until mixture thickens.
- ☐ Remove from heat.
- ☐ Add Romano cheese; stir until smooth.
- ☐ Add half-and-half, salt and pepper. Stir in spinach.
- ☐ Add spinach mixture to fettuccine in Dutch oven; toss to coat. Divide mixture among 8 bowls; sprinkle evenly with bacon.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:18.65, Inflammation Score:-10, Nutrition Score:23.694782402204%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 430.45kcal (21.52%), Fat: 18.47g (28.42%), Saturated Fat: 7.1g (44.36%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 44.71g (16.26%), Sugar: 2.88g (3.2%), Cholesterol: 80.71mg (26.9%), Sodium: 713.76mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.42g (36.83%), Vitamin K: 119.49µg (113.8%), Selenium: 55.92µg (79.88%), Vitamin A: 3868.5IU (77.37%), Manganese: 0.76mg (37.91%), Phosphorus: 347.63mg (34.76%), Calcium: 211.89mg (21.19%), Folate: 71.91µg (17.98%), Magnesium: 70.54mg (17.63%), Vitamin B1: 0.25mg (16.65%), Vitamin B2: 0.27mg (16.16%), Vitamin B3: 3.07mg (15.33%), Zinc: 2.2mg (14.64%), Vitamin B6: 0.29mg (14.49%), Copper: 0.25mg (12.7%), Iron: 2.1mg (11.69%), Fiber: 2.91g (11.65%), Potassium: 407.1mg (11.63%), Vitamin B12: 0.62µg (10.4%), Vitamin B5: 0.93mg (9.28%), Vitamin E: 1.32mg (8.83%), Vitamin C: 2.03mg (2.46%), Vitamin D: 0.35µg (2.35%)