



Summery Fettuccine Alfredo

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil leaves chopped
- 0.8 pound fettuccine barilla
- 0.5 cup pecorino cheese finely grated plus more for serving
- 4 servings salt and pepper black freshly ground
- 1 cup whole-milk ricotta cheese thick

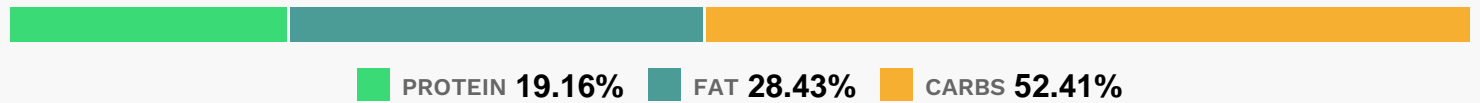
Equipment

- bowl
- pot

Directions

- In a large pot of boiling salted water, cook the fettuccine until al dente. Reserve 3/4 cup of the pasta cooking water and drain the fettuccine well.
- Add the ricotta and the 1/2 cup of pecorino to the pot along with the reserved pasta cooking water; stir until smooth.
- Add the fettuccine and the basil, season with salt and pepper and toss.
- Serve in bowls, passing additional grated pecorino at the table.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:26.09, Inflammation Score:-5, Nutrition Score:16.606086859237%

Nutrients (% of daily need)

Calories: 483.44kcal (24.17%), Fat: 15.2g (23.39%), Saturated Fat: 8.29g (51.8%), Carbohydrates: 63.06g (21.02%), Net Carbohydrates: 60.2g (21.89%), Sugar: 1.86g (2.07%), Cholesterol: 116.06mg (38.69%), Sodium: 220.02mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.11%), Selenium: 77.83µg (111.19%), Phosphorus: 398.92mg (39.89%), Manganese: 0.76mg (38.17%), Calcium: 294.2mg (29.42%), Zinc: 2.69mg (17.92%), Magnesium: 62.4mg (15.6%), Vitamin B2: 0.25mg (14.41%), Copper: 0.28mg (13.82%), Fiber: 2.86g (11.42%), Vitamin B6: 0.22mg (11.18%), Iron: 2.01mg (11.14%), Vitamin B1: 0.16mg (10.53%), Vitamin B12: 0.6µg (9.96%), Vitamin B5: 0.97mg (9.65%), Vitamin B3: 1.87mg (9.37%), Vitamin A: 460.18IU (9.2%), Folate: 34.02µg (8.5%), Potassium: 289.12mg (8.26%), Vitamin K: 7.77µg (7.4%), Vitamin D: 0.44µg (2.94%), Vitamin E: 0.42mg (2.83%)