



food
network

Super Buttered Noodles

READY IN



20 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter softened
- 2 chicken bouillon cubes
- 1 pound extra wide egg noodles
- 4 servings parsley fresh chopped for garnish
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon cup heavy whipping cream sour

Equipment

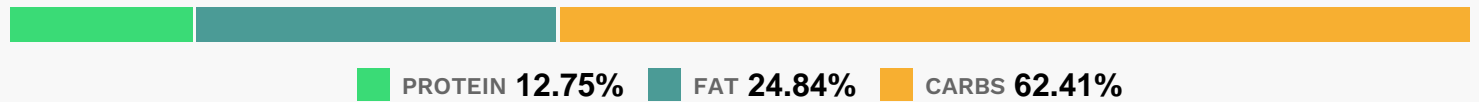
- bowl

- pot
- colander

Directions

- In a large pot filled with boiling water, dissolve the bouillon cubes and cook the noodles according to package directions.
- Drain the noodles in a colander and then nestle the colander into the pot so some of the pasta water goes into the pot as the pasta continues to drain.
- Remove the colander and stir the butter and sour cream into the pot until the butter melts.
- Add the parsley and the noodles. Season with salt and pepper. Toss to combine well.
- Pour into a serving bowl and serve.;

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:33.97, Inflammation Score:-7, Nutrition Score:18.906956403152%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 523.7kcal (26.19%), Fat: 14.44g (22.22%), Saturated Fat: 7.11g (44.46%), Carbohydrates: 81.64g (27.21%), Net Carbohydrates: 77.74g (28.27%), Sugar: 2.62g (2.91%), Cholesterol: 119.86mg (39.95%), Sodium: 572.02mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.36%), Selenium: 90.14µg (128.78%), Vitamin K: 67.11µg (63.91%), Manganese: 0.99mg (49.6%), Phosphorus: 283.89mg (28.39%), Magnesium: 69.57mg (17.39%), Copper: 0.34mg (17.23%), Fiber: 3.9g (15.6%), Zinc: 2.24mg (14.95%), Vitamin A: 688.94IU (13.78%), Iron: 2.44mg (13.54%), Vitamin B1: 0.2mg (13.3%), Vitamin B6: 0.25mg (12.62%), Vitamin B3: 2.49mg (12.46%), Vitamin B5: 1.09mg (10.85%), Folate: 40.12µg (10.03%), Potassium: 312.63mg (8.93%), Vitamin B2: 0.12mg (7.26%), Vitamin C: 5.37mg (6.51%), Vitamin B12: 0.36µg (5.98%), Calcium: 54.94mg (5.49%), Vitamin E: 0.71mg (4.77%), Vitamin D: 0.34µg (2.27%)