



To-Die-For Fettuccine Alfredo

 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter
- 1 dash garlic salt
- 0.8 pint heavy cream
- 0.5 cup parmesan cheese grated
- 24 ounces fettuccini pasta dry
- 0.8 cup romano cheese grated
- 6 servings salt and pepper to taste

Equipment

sauce pan

pot

Directions

Bring a large pot of lightly salted water to a boil.

Add fettuccini and cook for 8 to 10 minutes or until al dente; drain.

In a large saucepan, melt butter into cream over low heat.

Add salt, pepper and garlic salt. Stir in cheese over medium heat until melted; this will thicken the sauce.

Add pasta to sauce. Use enough of the pasta so that all of the sauce is used and the pasta is thoroughly coated.

Serve immediately.

Nutrition Facts

 **PROTEIN 9.49%**  **FAT 54.63%**  **CARBS 35.88%**

Properties

Glycemic Index:19.83, Glycemic Load:34.17, Inflammation Score:-8, Nutrition Score:18.819130366263%

Nutrients (% of daily need)

Calories: 976.53kcal (48.83%), Fat: 59.45g (91.46%), Saturated Fat: 36.8g (229.97%), Carbohydrates: 87.86g (29.29%), Net Carbohydrates: 84.24g (30.63%), Sugar: 4.87g (5.42%), Cholesterol: 168.43mg (56.14%), Sodium: 762.12mg (33.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.46%), Selenium: 78.55µg (112.21%), Manganese: 1.05mg (52.53%), Phosphorus: 405.54mg (40.55%), Vitamin A: 1938.87IU (38.78%), Calcium: 278.72mg (27.87%), Magnesium: 73.04mg (18.26%), Copper: 0.34mg (17.07%), Zinc: 2.46mg (16.39%), Vitamin B2: 0.27mg (15.71%), Fiber: 3.63g (14.51%), Vitamin E: 1.62mg (10.79%), Vitamin B6: 0.2mg (10.01%), Vitamin B3: 2mg (9.99%), Potassium: 344.27mg (9.84%), Iron: 1.68mg (9.31%), Vitamin B1: 0.12mg (8.18%), Vitamin B5: 0.76mg (7.61%), Vitamin D: 1.05µg (7%), Vitamin B12: 0.41µg (6.86%), Folate: 25.29µg (6.32%), Vitamin K: 5.07µg (4.83%)