



To Die For Fettuccini Alfredo

READY IN



30 min.

SERVINGS



8

CALORIES



913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 1 pinch nutmeg
- 8 servings pepper black to taste
- 3 pints cup heavy whipping cream
- 1 pound soup noodles dry
- 1 cup pecorino cheese grated

Equipment

- sauce pan

Directions

- Cook pasta according to directions on package.
- Drain and toss with one tablespoon of butter, cover and set aside.
- In a medium sauce pan over low heat, heat cream and 3 tablespoons of butter, stirring constantly. When cream begins to simmer mix in a small amounts of Romano cheese, stirring constantly, until all cheese is added and sauce has reduced. It should be thick and easily cover the back of a spoon.
- Stir in nutmeg and black pepper. Toss with warm fettuccini and serve.

Nutrition Facts



PROTEIN 7.14% FAT 72.1% CARBS 20.76%

Properties

Glycemic Index:27.63, Glycemic Load:17.18, Inflammation Score:-9, Nutrition Score:15.615217530209%

Nutrients (% of daily need)

Calories: 913.13kcal (45.66%), Fat: 74.01g (113.85%), Saturated Fat: 46.74g (292.12%), Carbohydrates: 47.96g (15.99%), Net Carbohydrates: 46.09g (16.76%), Sugar: 6.83g (7.59%), Cholesterol: 228.56mg (76.19%), Sodium: 246.36mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.97%), Selenium: 43.05µg (61.49%), Vitamin A: 2835.86IU (56.72%), Phosphorus: 307.18mg (30.72%), Manganese: 0.54mg (27.03%), Calcium: 264.37mg (26.44%), Vitamin B2: 0.42mg (24.5%), Vitamin D: 2.9µg (19.34%), Vitamin E: 1.89mg (12.58%), Magnesium: 48.14mg (12.03%), Zinc: 1.56mg (10.39%), Copper: 0.19mg (9.49%), Potassium: 309.2mg (8.83%), Vitamin B6: 0.15mg (7.7%), Vitamin B5: 0.76mg (7.59%), Fiber: 1.87g (7.46%), Vitamin B12: 0.44µg (7.26%), Vitamin K: 6.66µg (6.35%), Vitamin B1: 0.09mg (6.14%), Iron: 1.03mg (5.7%), Vitamin B3: 1.09mg (5.46%), Folate: 18.5µg (4.63%), Vitamin C: 1.07mg (1.3%)