



Updated Fettuccine Carbonara

READY IN



25 min.

SERVINGS



25

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup lite creamy caesar dressing kraft
- 1 cup milk fat-free
- 0.5 lb fettuccine barilla uncooked
- 1 Tbsp flour
- 0.3 cup parsley fresh chopped
- 6 oz oscar mayer ham smoked cut into short strips
- 3 Tbsp parmesan cheese grated kraft
- 1 cup peas frozen
- 0.3 cup philadelphia

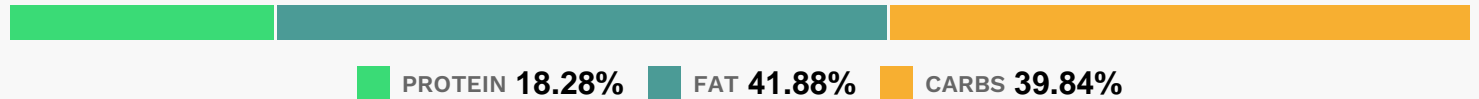
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Cook pasta in large saucepan as directed on package, adding peas to the boiling water for the last 3 min.
- Meanwhile, beat cream cheese, dressing and flour in medium saucepan with whisk until well blended. Gradually add milk, stirring constantly until mixture is well blended.
- Add ham; cook on medium-low heat 5 min. or until heated through, stirring occasionally.
- Drain pasta mixture; return to pan.
- Add sauce; mix lightly. Cook 2 to 3 min. or until heated through, stirring occasionally. Top with parsley and Parmesan.

Nutrition Facts



Properties

Glycemic Index:10.22, Glycemic Load:3.3, Inflammation Score:-2, Nutrition Score:3.788695661918%

Flavonoids

Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Nutrients (% of daily need)

Calories: 83.92kcal (4.2%), Fat: 3.89g (5.98%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 7.65g (2.78%), Sugar: 1.15g (1.28%), Cholesterol: 15.86mg (5.29%), Sodium: 133.38mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Selenium: 9.54µg (13.63%), Vitamin K: 13.85µg (13.19%), Phosphorus: 60.52mg (6.05%), Vitamin B1: 0.08mg (5.4%), Manganese: 0.11mg (5.36%), Vitamin C: 3.13mg (3.79%), Zinc: 0.5mg (3.31%), Vitamin B3: 0.66mg (3.28%), Vitamin B6: 0.06mg (3.2%), Vitamin A: 157.01IU (3.14%), Vitamin B2: 0.05mg (3.13%), Calcium: 27.54mg (2.75%), Fiber: 0.67g (2.68%), Magnesium: 10.47mg (2.62%), Vitamin

B12: 0.14µg (2.34%), Potassium: 80.54mg (2.3%), Copper: 0.05mg (2.26%), Iron: 0.4mg (2.21%), Folate: 8.55µg (2.14%), Vitamin B5: 0.18mg (1.75%), Vitamin E: 0.2mg (1.36%), Vitamin D: 0.19µg (1.25%)