



## Vegetable Fettuccine Alfredo

READY IN



20 min.

SERVINGS



20

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 tsp pepper black
- 1.5 cups each: broccoli florets and pepper strips red
- 0.3 cup butter ()
- 4 oz philadelphia cream cheese cubed ()
- 9 oz fettuccine barilla refrigerated
- 1 cup milk
- 0.3 cup parmesan cheese grated kraft

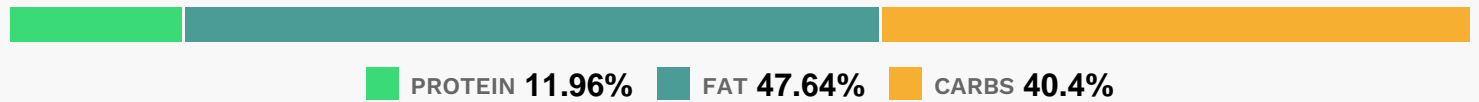
### Equipment

- bowl
- sauce pan

## Directions

- Place cream cheese, milk and butter in medium saucepan. Cook on low heat until cream cheese is completely melted and mixture is well blended, stirring frequently.
- Meanwhile, cook vegetables in large saucepan of boiling water 2 min.
- Add pasta; cook an additional 3 min.
- Drain.
- Place in large serving bowl.
- Add Parmesan cheese and black pepper to cream cheese sauce; mix well.
- Add to pasta mixture; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:8.65, Glycemic Load:4.21, Inflammation Score:-3, Nutrition Score:3.7413043561189%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 104.2kcal (5.21%), Fat: 5.57g (8.57%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 10.02g (3.64%), Sugar: 1.16g (1.29%), Cholesterol: 18.99mg (6.33%), Sodium: 76.01mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Selenium: 11.38µg (16.26%), Vitamin C: 6.09mg (7.39%), Vitamin K: 7.24µg (6.9%), Manganese: 0.13mg (6.44%), Phosphorus: 62.26mg (6.23%), Vitamin A: 258.79IU (5.18%), Calcium: 40.19mg (4.02%), Vitamin B2: 0.05mg (3.22%), Magnesium: 11.37mg (2.84%), Zinc: 0.41mg (2.7%), Vitamin B6: 0.05mg (2.57%), Fiber: 0.6g (2.42%), Vitamin B5: 0.24mg (2.4%), Vitamin B1: 0.04mg (2.35%), Potassium: 82.3mg (2.35%), Vitamin B12: 0.14µg (2.25%), Copper: 0.04mg (2.16%), Folate: 8.62µg (2.15%), Iron: 0.31mg (1.7%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.33mg (1.66%), Vitamin D: 0.18µg (1.19%)