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Cream Cheese Pasta ♦♦

Cream Cheese Pasta is a delicious and creamy pasta dish that is perfect for a comforting meal. It features a rich and creamy sauce made with cream cheese, garlic, and parmesan cheese. The pasta is cooked until al dente and then tossed in the creamy sauce until fully coated. It's a simple and satisfying dish that is sure to please everyone at the dinner table.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Pasta
200 g	cream cheese
3 cloves	garlic
50 g	parmesan cheese

1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	olive oil
2 tbsp	fresh parsley

Directions

Step 1

Boiling

Cook the pasta according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stirring

Add cream cheese to the skillet and stir until melted and creamy.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Stirring

Add cooked pasta to the skillet and toss until fully coated with the creamy sauce.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Stirring

Sprinkle grated parmesan cheese, salt, and black pepper over the pasta. Stir well to combine.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Serving

Garnish with fresh parsley and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 12 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	400 iu	44.44%	57.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	200 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Cultural

Diwali

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Senior Friendly

Lactation Friendly

Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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