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## Parmesan Pasta ♦

Parmesan Pasta is a classic Italian dish that features pasta tossed in a creamy Parmesan cheese sauce. It is a popular comfort food and can be enjoyed as a main course or as a side dish. The dish originated in Italy and has since become a staple in many cuisines around the world. The pasta is typically cooked al dente and then combined with a sauce made from butter, garlic, cream, and Parmesan cheese. The result is a rich and flavorful dish that is sure to satisfy any pasta lover.

**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
50 g	butter
2 cloves	garlic

<b>250 ml</b>	heavy cream
<b>100 g</b>	parmesan cheese
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

## Directions

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### Step 1

Boiling

Cook the pasta according to package instructions until al dente.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the minced garlic and cook for 1-2 minutes until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 3

Simmering

Pour in the heavy cream and bring to a simmer. Cook for 3-4 minutes until the sauce thickens slightly.

**Prep Time:** 1 mins

**Cook Time:** 4 mins

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## Step 4

**Stirring**

Stir in the grated Parmesan cheese until melted and smooth. Season with salt and black pepper to taste.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 5

**Stirring**

Add the cooked pasta to the skillet and toss to coat it evenly with the sauce. Cook for an additional 1-2 minutes until heated through.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 6

**Plating**

Serve the Parmesan Pasta hot, garnished with additional grated Parmesan cheese and black pepper if desired.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 30 g

**Protein:** 10 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 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	30 g	107.14%	120%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	4 mg	0.12%	0.15%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Cuisines

Italian French Mediterranean German American

### Course

Soups Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Halloween

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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