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Zucchini Alfredo ♦♦

Zucchini Alfredo is a delicious vegetarian pasta dish made with zucchini noodles and a creamy Alfredo sauce. It's a healthier alternative to traditional pasta dishes and is perfect for those following a vegetarian diet.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	zucchini
50 g	butter
2 cloves	garlic
200 ml	heavy cream
100 g	Parmesan Cheese

1 tsp Salt

0.5 tsp Black pepper

Directions

Step 1

Cut

Using a spiralizer, cut the zucchini into noodles.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

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

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Sautéing

Add the zucchini noodles to the skillet and cook for 3-4 minutes until tender.

Prep Time: 0 mins

Cook Time: 4 mins

Step 4

Stirring

Pour in the heavy cream and stir until well combined. Cook for an additional 2-3 minutes until the sauce thickens.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Stirring

Stir in the grated Parmesan cheese, salt, and black pepper. Cook for another 1-2 minutes until the cheese is melted and the sauce is creamy.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Serving

Serve the Zucchini Alfredo hot and garnish with additional Parmesan cheese and black pepper, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 10 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 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	25 g	89.29%	100%
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	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian Chinese Indian Mediterranean

Kitchen Tools

Slow Cooker Blender

Nutritional Content

Low Calorie

Diet

Anti-Inflammatory Diet Mediterranean Diet Vegetarian Diet Vegan Diet

Course

Appetizers Main Dishes Side Dishes Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Meal Type

Brunch

Supper

Difficulty Level

Medium

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