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Fettucine Alfredo ♦

Fettucine Alfredo is a classic Italian pasta dish made with fettucine noodles, butter, Parmesan cheese, and cream. It is a rich and creamy dish that is typically served as a main course.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	fettucine noodles
50 g	butter
100 g	Parmesan Cheese
250 ml	heavy cream
1 tsp	Salt

0.5 tsp Black pepper

Directions

Step 1

Boiling

Cook the fettucine noodles according to package instructions until al dente.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In a large skillet, melt the butter over medium heat.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stove

Add the heavy cream to the skillet and bring to a simmer.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Stove

Stir in the Parmesan cheese until melted and smooth.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Stove

Season with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Stove

Add the cooked fettucine noodles to the skillet and toss to coat in the sauce.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

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

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 600 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	4 g	10.53%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 g	90.91%	117.65%
Fat	30 g	107.14%	120%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	0 mg	0%	0%
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	800 mg	34.78%	34.78%
Calcium	300 mg	30%	30%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian Chinese French Japanese Mediterranean Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Grill

Course

Side Dishes Sauces & Dressings

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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