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Fettuccine Alfredo

Fettuccine Alfredo is a classic Italian pasta dish made with fettuccine pasta, butter, Parmesan cheese, and heavy cream. It is a rich and creamy dish that is often enjoyed as a main course. The dish originated in Rome, Italy, and is named after Alfredo di Lelio, the Italian chef who created it in the early 20th century. Fettuccine Alfredo is typically served hot and can be garnished with additional Parmesan cheese and parsley.

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	Fettuccine Pasta
100 g	Butter
150 g	Parmesan Cheese
250 ml	heavy cream

1 tsp Salt

0.5 tsp Black pepper

Directions

Step 1

Boiling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In a large skillet, melt the butter over medium heat. Add the heavy cream and bring to a simmer.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

Add the Parmesan cheese to the skillet and stir until melted and well combined.

Prep Time: 1 mins

Cook Time: 3 mins

Step 4

Stove

Season the sauce with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 1 mins

Step 5

Stove

Add the cooked fettuccine pasta to the skillet and toss to coat the pasta with the sauce.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Serve the Fettuccine Alfredo hot and garnish with additional Parmesan cheese and parsley, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 800 kcal

Fat: 50 g

Protein: 20 g

Carbohydrates: 70 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	70 g	127.27%	140%
Fibers	3 g	7.89%	12%
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	25 g	113.64%	147.06%
Fat	50 g	178.57%	200%
Cholesterol	150 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	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	400 mg	40%	40%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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 French German American

Course

Desserts Salads Soups Sauces & Dressings

Cultural

Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Lactation Friendly
Allergy Friendly Diabetic Friendly

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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