



Sweet Potato "Fettuccine" Alfredo

Servings

3

Calories

230

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

1 (12 ounces) Mann's Sweet Potato "Fettuccine"

1 tablespoon butter

2 cloves garlic, thinly sliced

¼ cup cream, half & half or evaporated milk

2 ounces Parmesan cheese, freshly grated

1 tablespoon fresh rosemary, chopped (optional)



The Method

In a large non-stick skillet, melt butter over medium-high heat. Add garlic and cook 2 minutes, stirring frequently.

Add Sweet Potato "Fettuccine" and cook 4-5 minutes until tender, stirring frequently. Turn heat down to medium; add cream and cook 1-2 minutes until "Fettuccine" absorb some of the liquid.

Remove from heat and stir in cheese, reserving some for garnish. Top with rosemary if desired. Serve with extra cheese.

Nutrition Facts

Serving Size: 161g | Servings: 3

Amount Per Serving

Calories 230 | Calories from Fat 90 | Total Fat 10g (sat fat 5g trans 0g) | Cholesterol 30mg | Sodium 430mg | Total Carbohydrate 28g | Dietary Fiber 4g | Sugars 7g | Protein 9g | Vitamin A 330% | Vitamin C 6% | Calcium 25% | Iron 4%