

Pumpkin Fettuccine Alfredo

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-main-meal-recipe-no-meat>

Ingredients:

- 1 teaspoon olive oil
- 2 tablespoons butter
- 4 cloves garlic minced
- 1 cup heavy cream
- 1 cup pumpkin puree
- 1 teaspoon Herbs de Provence
- salt
- pepper
- 8 ounces fettuccine cooked
- freshly grated Parmesan to garnish, optional
- fresh sage julienne, to garnish, optional

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 120 milligrams
4. Fat: 37 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 22 grams
8. Sodium: 550 milligrams
9. Sugar: 4 grams

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