

Garlic Parmesan Pasta

*"Fruits of the Spirit" (2001) - Marlene Smith
Grapevine United Methodist Church - Port St. Lucie, FL*

*1/2 cup butter
2 teaspoons dried basil, crushed
2 teaspoons lemon juice
1 1/4 teaspoons garlic powder
3/4 teaspoon seasoned salt
8 ounces fettuccine or angel hair pasta,
cooked and drained
1 1/2 cups broccoli flowerettes,
cooked to tender crisp
3 tablespoons walnuts, chopped
fresh Parmesan cheese, grated
seasoned, cooked chicken breast OR
cooked shrimp (optional)*

In a large skillet, melt the butter. Add the basil, lemon juice, garlic powder and seasoned salt. Blending well.

Add the fettuccine, broccoli, walnuts and chicken or shrimp, if desired. Blend well and toss to coat the fettuccine.

After tossing, add fresh Parmesan to top off the dish.

Per Serving (excluding unknown items): 980 Calories; 105g Fat (93.5% calories from fat); 8g Protein; 9g Carbohydrate; 3g Dietary Fiber; 248mg Cholesterol; 1964mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 20 1/2 Fat; 0 Other Carbohydrates.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	980
% Calories from Fat:	93.5%
% Calories from Carbohydrates:	3.4%
% Calories from Protein:	3.1%
Total Fat (g):	105g
Saturated Fat (g):	58g
Monounsaturated Fat (g):	30g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	248mg
Carbohydrate (g):	9g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	1/2
-----------------	-----

Protein (g): 8g
Sodium (mg): 1964mg
Potassium (mg): 306mg
Calcium (mg): 108mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 3820IU
Vitamin A (r.e.): 894RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 20 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 980 Calories from Fat: 917

% Daily Values*

Total Fat	105g	162%
Saturated Fat	58g	291%
Cholesterol	248mg	83%
Sodium	1964mg	82%
Total Carbohydrates	9g	3%
Dietary Fiber	3g	10%
Protein	8g	
Vitamin A		76%
Vitamin C		13%
Calcium		11%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.