



Fettuccine Hungry Girlfredo



Entire recipe: 82 calories, 4g total fat (1.5g sat fat), 296mg sodium, 9.5g carbs, 4g fiber, 1.5g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Prep: 10 minutes **Cook:** 5 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1 bag House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute
1 wedge The Laughing Cow Light Creamy Swiss cheese
2 tsp. reduced-fat Parmesan-style grated topping
1 tsp. light sour cream
Optional seasonings: salt and black pepper

Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Add all ingredients, breaking the cheese wedge into pieces. Cook and stir until cheese has melted, mixed with sour cream, and coated noodles, 2 to 3 minutes. Enjoy!

MAKES 1 SERVING

HG Tip: For a 3-ingredient fettuccine Alfredo fix, just leave out the sour cream!

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.