



## Aphrodisiac Tagliatelle with Blue Cheese Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



793 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3.5 ounces cheese blue crumbled
- 1 pinch basil dried
- 0.7 teaspoon garlic powder
- 1 pinch ground nutmeg
- 1 pinch ground pepper black
- 1 cup heavy cream
- 1 teaspoon juice of lemon
- 2 tablespoons olive oil

- 1 pinch oregano dried
- 16 ounce tagliatelle pasta
- 1 pinch salt
- 1 tablespoon walnuts toasted chopped

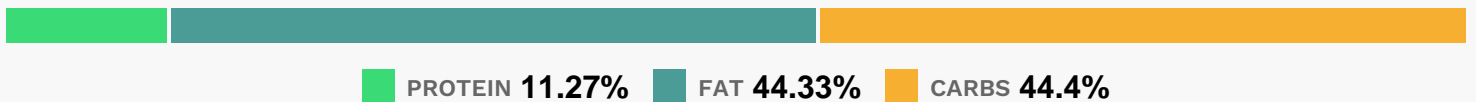
## Equipment

- sauce pan
- pot

## Directions

- Bring a large pot of lightly salted water to a boil. Boil the tagliatelle until cooked through yet slightly firm, 8 to 10 minutes; drain.
- Drizzle olive oil over the cooked pasta and toss gently to coat.
- Heat the cream in a saucepan over low heat until warm; stir in the blue cheese, garlic powder, lemon juice, salt, black pepper, white pepper, nutmeg, oregano, and basil. Cook very gently until the blue cheese has melted and the sauce is hot, but don't let the sauce boil.
- Place the tagliatelle in a serving dish and pour the sauce over the pasta. Top with walnuts to serve.

## Nutrition Facts



## Properties

Glycemic Index:50.25, Glycemic Load:34.3, Inflammation Score:-7, Nutrition Score:18.998695751895%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 792.76kcal (39.64%), Fat: 39.05g (60.08%), Saturated Fat: 19.83g (123.94%), Carbohydrates: 88.01g (29.34%), Net Carbohydrates: 84g (30.55%), Sugar: 5.07g (5.64%), Cholesterol: 85.84mg (28.61%), Sodium: 318.57mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.66%), Selenium: 77.31µg (110.44%), Manganese: 1.17mg (58.46%), Phosphorus: 356.95mg (35.69%), Vitamin A: 1067.17IU (21.34%), Calcium: 203.62mg (20.36%), Copper: 0.4mg (19.76%), Magnesium: 76.73mg (19.18%), Zinc: 2.52mg (16.79%), Vitamin B2: 0.28mg (16.62%), Fiber: 4.01g (16.03%), Vitamin B6: 0.25mg (12.47%), Vitamin E: 1.8mg (11.98%), Potassium: 399.35mg (11.41%), Vitamin B3: 2.27mg (11.34%), Iron: 2mg (11.09%), Vitamin B5: 1.09mg (10.92%), Vitamin K: 11.38µg (10.84%), Folate: 35.69µg (8.92%), Vitamin B1: 0.13mg (8.89%), Vitamin D: 1.08µg (7.17%), Vitamin B12: 0.4µg (6.63%), Vitamin C: 0.89mg (1.08%)