



Avocado and Goat Cheese Alfredo Pasta

 Popular

READY IN



20 min.

SERVINGS



2

CALORIES



812 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large avocado pureed
- ☐ 1 tablespoon butter
- ☐ 1 tablespoons cilantro leaves
- ☐ 1 clove garlic grated
- ☐ 4 ounces goat cheese crumbled
- ☐ 0.5 cup half and half
- ☐ 0.5 jalapeño
- ☐ 2 tablespoons juice of lime (- 1 lime)

- ☐ 6 ounces pasta
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 servings salt and pepper to taste

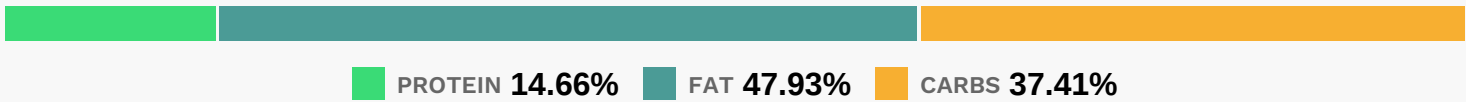
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Cook the pasta as directed on the package.Meanwhile, puree the avocado, jalapeno, cilantro and lime juice in a food processor or blender and set aside.Melt the butter in pan over medium heat, add the garlic and cook until fragrant, about a minute.
- ☐ Add the cream, goat cheese and parmesan, simmer until the cheese has melted, mix in the avocado mixture and heat to warm.
- ☐ Remove from heat, season with salt and pepper and serve hot over the pasta garnished with more goat cheese, avocado and cilantro as desired.

Nutrition Facts



Properties

Glycemic Index:126.5, Glycemic Load:26.56, Inflammation Score:-8, Nutrition Score:27.612608603809%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 811.51kcal (40.58%), Fat: 43.91g (67.55%), Saturated Fat: 20.55g (128.43%), Carbohydrates: 77.08g (25.69%), Net Carbohydrates: 67.43g (24.52%), Sugar: 6.46g (7.17%), Cholesterol: 70.81mg (23.6%), Sodium: 697.5mg (30.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.22g (60.43%), Selenium: 60.8µg (86.86%), Phosphorus: 509.46mg (50.95%), Manganese: 1.01mg (50.75%), Copper: 0.87mg (43.6%), Fiber: 9.65g (38.6%), Vitamin B2: 0.57mg (33.24%), Calcium: 329.2mg (32.92%), Vitamin B6: 0.6mg (30.09%), Folate: 109.03µg (27.26%), Vitamin A: 1278.02IU (25.56%), Magnesium: 97.14mg (24.28%), Vitamin B5: 2.43mg (24.27%), Vitamin C: 19.77mg (23.96%), Vitamin K: 25.08µg (23.89%), Potassium: 818.19mg (23.38%), Zinc: 2.99mg (19.91%), Vitamin E: 2.78mg (18.54%), Vitamin B3: 3.62mg (18.1%), Iron: 2.92mg (16.24%), Vitamin B1: 0.22mg (14.35%), Vitamin B12: 0.38µg (6.41%), Vitamin D: 0.29µg (1.93%)