



Black Pasta in a Pink Gorgonzola Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 0.3 cup olive oil extra virgin
- ☐ 6 leaves basil fresh cut into thin strips
- ☐ 5 cloves garlic minced
- ☐ 8 ounces gorgonzola cheese crumbled
- ☐ 0.3 cup half-and-half cream
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2.5 ounce pancetta diced
- ☐ 6 servings salt and pepper black freshly ground to taste

- ☐ 3 shallots minced
- ☐ 16 ounce squid ink black
- ☐ 6 ounce tomato paste canned
- ☐ 1 cup white wine

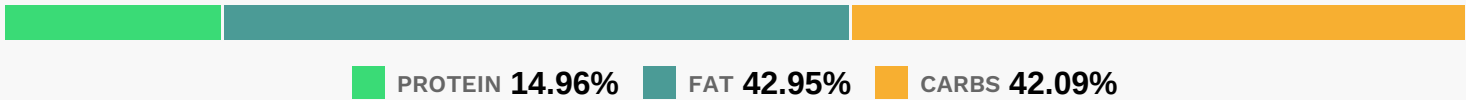
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Heat oil in a large heavy skillet over medium heat.
- ☐ Saute shallots and garlic until lightly golden.
- ☐ Pour in wine and chicken stock. Bring to a boil, and stir in gorgonzola.
- ☐ Add tomato paste and prosciutto; bring to a boil. Stir in half-and-half, reduce heat, and simmer 5 minutes. Season to taste with salt and pepper.
- ☐ Add pasta, and toss to coat evenly. Cook until pasta is heated through.
- ☐ Transfer to serving dish, and garnish with parmesan and basil.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:1.73, Inflammation Score:-5, Nutrition Score:10.901304224263%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 622.91kcal (31.15%), Fat: 28.8g (44.31%), Saturated Fat: 11.51g (71.94%), Carbohydrates: 63.5g (21.17%), Net Carbohydrates: 60.46g (21.99%), Sugar: 6.58g (7.31%), Cholesterol: 44.5mg (14.83%), Sodium: 716.37mg (31.15%), Alcohol: 4.12g (100%), Alcohol %: 1.92% (100%), Protein: 22.58g (45.15%), Calcium: 272.8mg (27.28%), Phosphorus: 238.12mg (23.81%), Iron: 3.45mg (19.14%), Selenium: 11.24µg (16.05%), Vitamin B2: 0.25mg (14.61%), Vitamin B6: 0.26mg (13.23%), Vitamin E: 1.87mg (12.44%), Fiber: 3.04g (12.17%), Zinc: 1.63mg (10.86%), Manganese: 0.2mg (10.19%), Vitamin K: 10.65µg (10.14%), Potassium: 349.26mg (9.98%), Vitamin B12: 0.6µg (9.93%), Vitamin B3: 1.94mg (9.72%), Vitamin B5: 0.91mg (9.12%), Vitamin A: 454.31IU (9.09%), Magnesium: 27.59mg (6.9%), Vitamin B1: 0.1mg (6.52%), Folate: 24.93µg (6.23%), Copper: 0.12mg (5.97%), Vitamin C: 4.65mg (5.64%), Vitamin D: 0.26µg (1.71%)