



Blue Cheese, Mustard, and Beer Noodles

READY IN



30 min.

SERVINGS



4

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup beer at room temperature
- ☐ 0.5 cup cheese blue divided crumbled
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons flat parsley roughly chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 12 ounces pappardelle
- ☐ 0.3 teaspoon pepper

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0.8 cup onion white chopped

Equipment

☐

frying pan

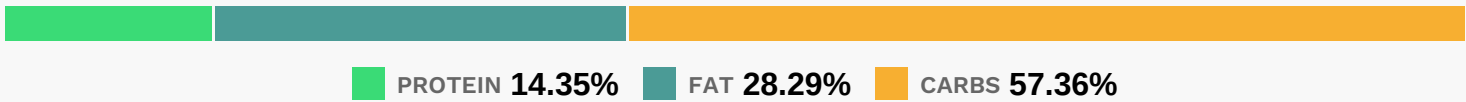
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sauce pan

Directions

- ☐
- Cook noodles as package directs.
- ☐
- Meanwhile, melt butter in a large saucepan over medium heat.
- ☐
- Add onion and cook until soft, 8 minutes.
- ☐
- Add garlic and cook another 2 minutes. Reduce heat to a simmer, then add mustard and beer.
- ☐
- Drain noodles and add to the pan; stir to coat.
- ☐
- Add 1/4 cup blue cheese, stirring gently to combine, and season with salt and pepper.
- ☐
- Sprinkle remaining 1/4 cup blue cheese and the parsley on top.

Nutrition Facts



Properties

Glycemic Index:78.63, Glycemic Load:26.82, Inflammation Score:-7, Nutrition Score:17.220869603364%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 466.57kcal (23.33%), Fat: 14.44g (22.22%), Saturated Fat: 7.78g (48.64%), Carbohydrates: 65.86g (21.95%), Net Carbohydrates: 62.3g (22.65%), Sugar: 3.03g (3.37%), Cholesterol: 99.15mg (33.05%), Sodium: 578.98mg (25.17%), Alcohol: 1.15g (100%), Alcohol %: 0.83% (100%), Protein: 16.49g (32.97%), Selenium: 71µg

(101.44%), Manganese: 0.83mg (41.68%), Vitamin K: 34.52µg (32.87%), Phosphorus: 291.9mg (29.19%), Magnesium: 61.04mg (15.26%), Zinc: 2.2mg (14.7%), Vitamin B6: 0.29mg (14.51%), Copper: 0.29mg (14.26%), Fiber: 3.56g (14.25%), Calcium: 137.32mg (13.73%), Vitamin B1: 0.18mg (11.71%), Vitamin B5: 1.15mg (11.53%), Vitamin B3: 2.2mg (11.01%), Iron: 1.95mg (10.84%), Vitamin A: 528.14IU (10.56%), Folate: 41.72µg (10.43%), Vitamin B2: 0.16mg (9.7%), Potassium: 328.73mg (9.39%), Vitamin B12: 0.47µg (7.84%), Vitamin C: 5.51mg (6.68%), Vitamin E: 0.55mg (3.68%), Vitamin D: 0.34µg (2.26%)