



Blue cheese pasta

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta
- ☐ 25 g butter
- ☐ 1 onion thinly sliced
- ☐ 1 garlic clove crushed
- ☐ 1 tbsp sage dried fresh chopped
- ☐ 100 g coarsely stilton cheese cubed
- ☐ 1 handful walnuts toasted chopped

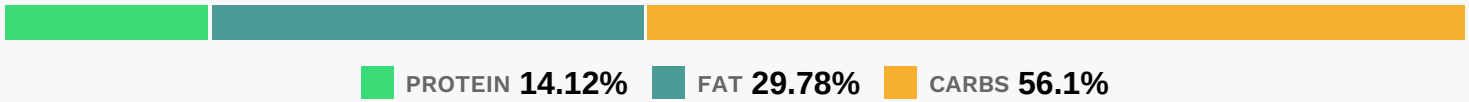
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Boil the pasta according to pack instructions. In a saucepan, melt the butter, then gently fry the onion until golden.
- ☐ Add the garlic and sage, fry for a further 2 mins, then remove the pan from the heat.
- ☐ Drain the pasta and reserve some cooking water. Stir through the buttery onions, stilton and 2 tbsp cooking water, then sprinkle with the toasted walnuts to serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:30.92, Inflammation Score:-6, Nutrition Score:17.241739016512%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 566.8kcal (28.34%), Fat: 18.74g (28.83%), Saturated Fat: 8.67g (54.2%), Carbohydrates: 79.41g (26.47%), Net Carbohydrates: 75.02g (27.28%), Sugar: 4.18g (4.64%), Cholesterol: 32.19mg (10.73%), Sodium: 335.12mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.97%), Selenium: 67.52µg (96.45%), Manganese: 1.24mg (61.95%), Phosphorus: 322.78mg (32.28%), Copper: 0.44mg (21.75%), Magnesium: 75.8mg (18.95%), Calcium: 177.79mg (17.78%), Fiber: 4.39g (17.55%), Zinc: 2.39mg (15.94%), Vitamin B6: 0.28mg (13.99%), Potassium: 370.08mg (10.57%), Vitamin B3: 2.11mg (10.54%), Vitamin B2: 0.18mg (10.52%), Folate: 41.15µg (10.29%), Iron: 1.81mg (10.05%), Vitamin K: 10.04µg (9.56%), Vitamin B5: 0.95mg (9.51%), Vitamin B1: 0.14mg (9.4%), Vitamin A: 378.55IU (7.57%), Vitamin B12: 0.32µg (5.26%), Vitamin C: 2.53mg (3.06%), Vitamin E: 0.41mg (2.76%)