



Blue Cheese Spinach Orzo Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



679 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups cheese blue crumbled
- ☐ 3 tablespoons butter
- ☐ 1 pound orzo pasta cooled cooked
- ☐ 3 tablespoons flour
- ☐ 1 cup milk
- ☐ 1 tablespoon salt and pepper blend white
- ☐ 2 cups pkt spinach fresh
- ☐ 1 cup tomatoes diced

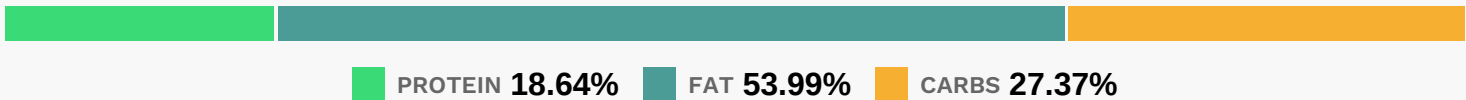
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan over medium-high heat, add the butter to melt. Once the butter has melted, reduce the heat, add the flour and stir to create a roux; the roux should be pale blond in color. Once the roux is made, reduce the heat again to low, add the milk, stirring into the roux and cooking until the roux has thickened. Finally, add the blue cheese, 1 cup at a time, until all the cheese has been added and well blended. Season with the salt and pepper blend.
- ☐ Remove from the heat and continue to stir to ensure consistency.
- ☐ Once the sauce has been prepared, add the orzo, spinach and tomatoes and stir to incorporate into the cream sauce. Allow the orzo to warm with the sauce, then remove from the heat and serve. This has a shelf life of 5 days.

Nutrition Facts



Properties

Glycemic Index:77.13, Glycemic Load:21.26, Inflammation Score:-9, Nutrition Score:26.581739052482%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 679.1kcal (33.95%), Fat: 40.77g (62.72%), Saturated Fat: 25.69g (160.58%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 43.53g (15.83%), Sugar: 5.14g (5.71%), Cholesterol: 105.83mg (35.28%), Sodium: 3014.14mg (131.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.67g (63.35%), Vitamin K: 78.76µg (75.01%), Selenium: 47.94µg (68.49%), Calcium: 640.59mg (64.06%), Vitamin A: 2850.59IU (57.01%), Phosphorus: 544.1mg (54.41%), Vitamin B2: 0.56mg (32.97%), Manganese: 0.6mg (29.83%), Vitamin B12: 1.58µg (26.38%), Zinc: 3.72mg (24.79%), Folate: 89.68µg (22.42%), Vitamin B5: 2.18mg (21.84%), Magnesium: 68.46mg (17.11%), Potassium: 581.48mg (16.61%), Vitamin B6: 0.32mg (16.13%), Iron: 2.55mg (14.17%), Fiber: 2.97g (11.88%), Vitamin C: 9.32mg (11.29%), Vitamin B3: 2.22mg (11.08%), Vitamin B1: 0.16mg (10.42%), Copper: 0.21mg (10.27%), Vitamin D: 1.18µg

(7.85%), Vitamin E: 1.1mg (7.36%)