



Conchiglioni with Balsamic Glazed Sweet Onions & Gorgonzola

READY IN



30 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoon balsamic vinegar
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 1 cup breadcrumbs fresh
- ☐ 3 clove garlic minced peeled
- ☐ 6 ounce gorgonzola cheese crumbled
- ☐ 1 tablespoon kosher salt as needed plus more
- ☐ 0.3 cup olive oil divided plus a bit more
- ☐ 2 tablespoon parsley leaves italian minced plus more for garnish

- ☐ 1 pound conchiglioni pasta shells
- ☐ 2 pound onions sweet red sliced into thin rings

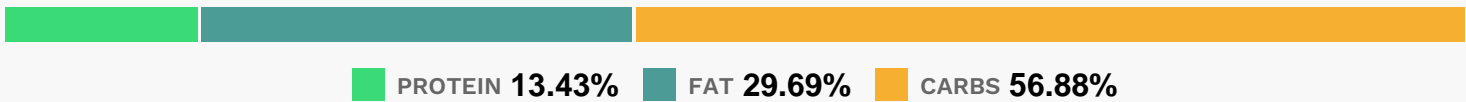
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add 1 tablespoon salt.
- ☐ Add pasta, and cook for about 10 minutes or until al dente; drain. Be sure and check as this pasta can take a bit longer than most to cook.As the pasta cooks heat 2 tablespoon oil in a medium-sized skillet set over medium-high heat.
- ☐ Add half the garlic and cook gently for about 1 minute.
- ☐ Add the breadcrumbs and cook until nicely toasted. Turn off the heat and add the parsley, stir well, season with salt and pepper and set aside.
- ☐ Heat the remaining ¼ cup oil in a large skillet over medium high heat.
- ☐ Saute onions until golden brown, about 10 minutes. Stir in the remaining garlic, and cook for 2 minutes.
- ☐ Remove from heat, and stir in balsamic vinegar.In a large bowl, combine pasta with a little bit of its water, breadcrumbs, onion mixture, and Gorgonzola. Toss until evenly coated, and cheese is melted.
- ☐ Garnish with more parsley.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:23.72, Inflammation Score:-8, Nutrition Score:19.756956595442%

Flavonoids

Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 1.95mg, Myricetin: 1.95mg, Myricetin: 1.95mg, Myricetin: 1.95mg Quercetin: 21.98mg, Quercetin: 21.98mg, Quercetin: 21.98mg, Quercetin: 21.98mg

Nutrients (% of daily need)

Calories: 589.59kcal (29.48%), Fat: 19.37g (29.81%), Saturated Fat: 6.97g (43.59%), Carbohydrates: 83.49g (27.83%), Net Carbohydrates: 78.8g (28.66%), Sugar: 12.09g (13.43%), Cholesterol: 21.26mg (7.09%), Sodium: 1640.19mg (71.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.44%), Selenium: 57.4µg (82%), Manganese: 1.03mg (51.48%), Phosphorus: 327.86mg (32.79%), Vitamin K: 29.87µg (28.45%), Calcium: 236.71mg (23.67%), Vitamin B1: 0.32mg (21.1%), Folate: 79.94µg (19.98%), Vitamin B6: 0.39mg (19.64%), Fiber: 4.69g (18.76%), Copper: 0.37mg (18.56%), Magnesium: 70.14mg (17.53%), Zinc: 2.32mg (15.47%), Vitamin B2: 0.26mg (15.27%), Vitamin B3: 3mg (14.99%), Iron: 2.57mg (14.27%), Potassium: 480.39mg (13.73%), Vitamin C: 9.5mg (11.51%), Vitamin B5: 1.08mg (10.79%), Vitamin E: 1.51mg (10.05%), Vitamin B12: 0.41µg (6.81%), Vitamin A: 330.82IU (6.62%)