



Creamy Gorgonzola Fettuccine

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups asparagus diagonally sliced (1-inch) (10 ounces)
- ☐ 1.3 cups milk fat-free
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 2 ounces gorgonzola blue crumbled
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons stick margarine
- ☐ 2 tablespoons walnuts toasted chopped

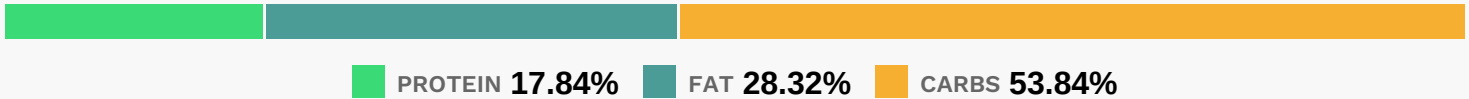
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook pasta in boiling water 6 minutes, omitting salt and fat.
- ☐ Add asparagus, and cook 2 minutes or until tender.
- ☐ While pasta is cooking, melt butter in a medium saucepan over medium-high heat.
- ☐ Add garlic, and cook for 3 minutes.
- ☐ Add flour; cook 30 seconds, stirring constantly. Gradually add milk, stirring well with a whisk. Stir in cream cheese and salt; cook 3 minutes or until thick, stirring constantly.
- ☐ Drain pasta and asparagus; place in a large bowl.
- ☐ Add sauce; tossing to coat.
- ☐ Serve with Gorgonzola and walnuts, and sprinkle with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:65.31, Glycemic Load:20.25, Inflammation Score:-8, Nutrition Score:21.585652372111%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.1mg, Quercetin: 14.1mg, Quercetin: 14.1mg, Quercetin: 14.1mg

Nutrients (% of daily need)

Calories: 375.61kcal (18.78%), Fat: 12.04g (18.53%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 51.52g (17.17%), Net Carbohydrates: 47.09g (17.12%), Sugar: 7.06g (7.84%), Cholesterol: 60.56mg (20.19%), Sodium: 377.55mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.13%), Selenium: 51.88µg (74.12%),

Manganese: 0.88mg (44.06%), Vitamin K: 42.62µg (40.59%), Phosphorus: 350.16mg (35.02%), Calcium: 231.31mg (23.13%), Vitamin A: 1148.7IU (22.97%), Copper: 0.46mg (22.84%), Vitamin B1: 0.33mg (21.67%), Vitamin B2: 0.37mg (21.66%), Folate: 83.78µg (20.95%), Iron: 3.56mg (19.76%), Fiber: 4.43g (17.72%), Vitamin B6: 0.35mg (17.35%), Magnesium: 68.54mg (17.14%), Zinc: 2.56mg (17.04%), Potassium: 542.65mg (15.5%), Vitamin B5: 1.37mg (13.68%), Vitamin B12: 0.78µg (13.06%), Vitamin B3: 2.6mg (12.98%), Vitamin E: 1.5mg (9.97%), Vitamin C: 6.63mg (8.04%), Vitamin D: 1.08µg (7.22%)