



Farfalle With Gorgonzola, Ham And Peas

READY IN



60 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings orecchiette
- 4 servings gorgonzola
- 4 servings pepper black
- 4 servings deli forest ham black french sliced (baked or Forest ham is nice)
- 4 servings cup heavy whipping cream
- 4 servings peas green frozen

Equipment

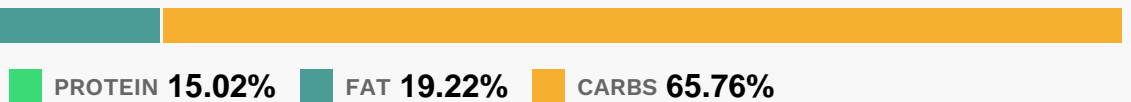
- frying pan

- pot
- sieve
- colander

Directions

- Bring a large pot of water to a boil over high heat. Season the water generously with salt; it should taste like seawater. When it returns to a boil, add the pasta, quickly stir to separate the noodles, then cover the pot. When the water returns to a boil again, uncover and boil the pasta until al dente, stirring occasionally. Meanwhile, in a large high-sided sauté pan, heat the cream and cheese over medium heat. Simmer, stirring often and breaking up the cheese, until the mixture is smooth and slightly thickened, about 3 minutes.
- Add the peas and cook until warmed through, about 1 minute. Off the heat, shred the ham into the pan and stir. Check the seasonings (the sauce should be a little salty, but since the cheese and ham are salty, extra salt may not be needed) and set aside. When the pasta is ready, drain it, reserving about 1 cup of the cooking water, then pour the noodles on top of the sauce. Toss to combine over medium heat. If the pasta looks dry, add some of the cooking water. Check the seasonings and serve topped with pepper. Tip: When cooking tubular or short pasta shapes like penne or farfalle, we often remove it from the pot with a type of handheld strainer called a spider. It works like a charm and saves us from having to wash a crevice-y colander or trying to fit the bulky vessel in the dishwasher. More pasta recipes on Food Republic: [Paccheri Pasta With Swordfish, Olives, Capers And Mint Recipe](#)
- [Spaghetti With White Puttanesca Recipe](#)
- [Rigatoni With Spicy Salami And Tomato Recipe](#)

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:19.62, Inflammation Score:-7, Nutrition Score:14.873043319453%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 322.34kcal (16.12%), Fat: 6.86g (10.55%), Saturated Fat: 3.85g (24.03%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 46.85g (17.04%), Sugar: 6.09g (6.76%), Cholesterol: 18.24mg (6.08%), Sodium: 32.92mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Selenium: 37.3µg (53.28%), Manganese: 0.82mg (41.19%), Vitamin C: 29.09mg (35.26%), Fiber: 5.95g (23.8%), Phosphorus: 196.87mg (19.69%), Vitamin K: 18.7µg (17.81%), Vitamin B1: 0.25mg (16.44%), Vitamin A: 783.3IU (15.67%), Copper: 0.29mg (14.64%), Folate: 58.18µg (14.55%), Magnesium: 55.06mg (13.76%), Vitamin B3: 2.49mg (12.44%), Zinc: 1.75mg (11.68%), Vitamin B6: 0.21mg (10.46%), Iron: 1.83mg (10.19%), Vitamin B2: 0.16mg (9.5%), Potassium: 322.78mg (9.22%), Calcium: 45.51mg (4.55%), Vitamin B5: 0.37mg (3.74%), Vitamin E: 0.3mg (1.98%), Vitamin D: 0.25µg (1.63%)