



Fettuccine with Butternut and Gorgonzola Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 3 cups butternut squash cubed peeled (1-inch) (1 pound)
- 8 cups fettuccine barilla hot cooked uncooked (1 pound pasta)
- 3 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 2 garlic cloves minced
- 6 ounces gorgonzola cheese divided crumbled

- 1 teaspoon lemon rind grated
- 3 cups milk 1% low-fat divided
- 3 cups onion vertically sliced
- 1.3 teaspoons salt divided
- 0.3 cup walnuts toasted coarsely chopped

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Add onion, squash, 1/4 teaspoon salt, and pepper; saut 6 minutes or until the squash is almost tender.
- Add minced garlic; saut 1 minute. Cover and set aside.
- Bring 2 cups milk to a boil in a saucepan.
- Combine the remaining 1 cup milk and flour, stirring well with a whisk; gradually add to boiling milk, stirring constantly. Reduce heat to medium, and cook 5 minutes or until slightly thick, stirring constantly.
- Remove from heat.
- Add 1 cup cheese, and stir until smooth.
- Combine squash mixture, pasta, and cheese mixture in a large bowl.
- Sprinkle with remaining 1 teaspoon salt; toss well to combine.
- Sprinkle with 1/4 cup parsley, chopped walnuts, lemon rind, and the remaining 1/2 cup cheese.
- Serve immediately.

Nutrition Facts



■ PROTEIN 16.05% ■ FAT 32.75% ■ CARBS 51.2%

Properties

Glycemic Index:42.88, Glycemic Load:15.42, Inflammation Score:-10, Nutrition Score:21.050869485606%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 351.8kcal (17.59%), Fat: 13.04g (20.06%), Saturated Fat: 6.08g (38%), Carbohydrates: 45.88g (15.29%), Net Carbohydrates: 42.12g (15.32%), Sugar: 8.75g (9.72%), Cholesterol: 54mg (18%), Sodium: 664.64mg (28.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.77%), Vitamin A: 6142.56IU (122.85%), Selenium: 31.39µg (44.84%), Manganese: 0.69mg (34.44%), Vitamin K: 32.61µg (31.06%), Phosphorus: 305.02mg (30.5%), Calcium: 284.62mg (28.46%), Vitamin C: 18.56mg (22.5%), Magnesium: 68.81mg (17.2%), Vitamin B2: 0.28mg (16.2%), Vitamin B6: 0.32mg (16.07%), Potassium: 541.77mg (15.48%), Fiber: 3.76g (15.05%), Vitamin B12: 0.89µg (14.92%), Vitamin B1: 0.21mg (13.71%), Folate: 53.92µg (13.48%), Zinc: 1.96mg (13.08%), Vitamin B5: 1.29mg (12.91%), Copper: 0.24mg (12.05%), Iron: 1.56mg (8.67%), Vitamin B3: 1.67mg (8.34%), Vitamin D: 1.18µg (7.89%), Vitamin E: 1.1mg (7.32%)