



Fettuccine with Creamy Blue Shropshire & Spinach

 Gluten Free

READY IN



12 min.

SERVINGS



3

CALORIES



671 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

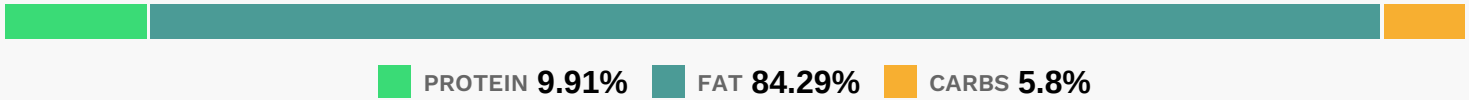
- ☐ 1 large handful baby spinach
- ☐ 150 g shropshire cheese blue
- ☐ 1 cup crème fraîche
- ☐ 1 cup double cream
- ☐ 3 servings grating of nutmeg good
- ☐ 3 servings grinding of pepper good
- ☐ 0.5 cup white wine

Equipment

Directions

- ☐ Cook the fettuccine according to the packet instructions.
- ☐ While the pasta is cooking melt the cheese in the cream and creme fraiche. Once it is smooth, add in the wine and spinach and cook until the spinach has wilted
- ☐ Season with nutmeg and black pepper.
- ☐ Mix the sauce through the drained pasta and serve. It's as easy and quick as that.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:58.67, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:16.609130424002%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 671.38kcal (33.57%), Fat: 61.28g (94.28%), Saturated Fat: 36.12g (225.73%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.81g (3.21%), Sugar: 6.09g (6.77%), Cholesterol: 184.88mg (61.63%), Sodium: 382.43mg (16.63%), Alcohol: 4.12g (100%), Alcohol %: 2.02% (100%), Protein: 16.21g (32.43%), Vitamin A: 3085.12IU (61.7%), Vitamin K: 53.51µg (50.96%), Calcium: 500.92mg (50.09%), Phosphorus: 349.8mg (34.98%), Vitamin B2: 0.52mg (30.86%), Selenium: 19.54µg (27.92%), Zinc: 2.42mg (16.16%), Vitamin B12: 0.82µg (13.63%), Manganese: 0.22mg (11.07%), Vitamin E: 1.6mg (10.67%), Magnesium: 42.45mg (10.61%), Vitamin D: 1.57µg (10.46%), Folate: 39.61µg (9.9%), Potassium: 302.23mg (8.64%), Vitamin B5: 0.69mg (6.92%), Vitamin B6: 0.14mg (6.83%), Vitamin C: 4.04mg (4.89%), Vitamin B1: 0.06mg (4.17%), Copper: 0.08mg (3.77%), Iron: 0.66mg (3.68%), Fiber: 0.66g (2.65%), Vitamin B3: 0.29mg (1.45%)