



## Fettuccine with Goat-Cheese and Salami Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



654 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 0.8 cup chicken broth low-sodium homemade canned
- 0.8 pound fettuccine barilla
- 3 tablespoons basil fresh chopped
- 3 cloves garlic minced
- 0.3 pound mild goat cheese such as Montrachet
- 0.3 teaspoon fresh-ground pepper black
- 0.5 cup heavy cream

- 0.3 pound genoa salami cut into 1/4-inch cubes

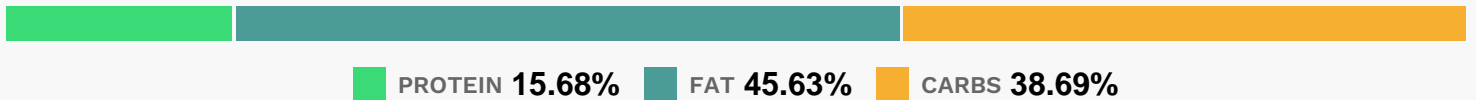
## Equipment

- whisk
- pot

## Directions

- In a large pot of boiling, salted water, cook the fettuccine until just done, about 12 minutes.
- Meanwhile, in a large pot, melt the butter over low heat.
- Add the garlic and cook, stirring, until soft, 3 to 5 minutes. Raise the heat to moderately low.
- Add the broth; bring to a simmer. Stir in the cream and bring just back to a simmer.
- Add the goat cheese and whisk until smooth. Stir in the salami, basil, and the pepper.
- Drain the fettuccine and add to the sauce.
- Heat, stirring, over very low heat for 1 to 2 minutes, to allow the pasta to absorb some of the sauce.
- Wine Recommendation: A sauvignon blanc goes well with goat cheese. Either a Pouilly-Fum from the Loire Valley in France or a California sauvignon blanc is a good choice.

## Nutrition Facts



## Properties

Glycemic Index:63.5, Glycemic Load:25.8, Inflammation Score:-7, Nutrition Score:20.340869784355%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 654.15kcal (32.71%), Fat: 33.18g (51.05%), Saturated Fat: 17.23g (107.7%), Carbohydrates: 63.31g (21.1%), Net Carbohydrates: 60.4g (21.96%), Sugar: 2.81g (3.12%), Cholesterol: 148.02mg (49.34%), Sodium: 807.17mg (35.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Selenium: 76.27µg (108.96%),

Manganese: 0.85mg (42.32%), Phosphorus: 378.31mg (37.83%), Vitamin B1: 0.44mg (29.29%), Copper: 0.55mg (27.27%), Vitamin B6: 0.46mg (22.8%), Zinc: 3.24mg (21.62%), Vitamin B3: 4.15mg (20.76%), Vitamin B2: 0.35mg (20.71%), Vitamin B12: 1.19µg (19.87%), Vitamin A: 950.38IU (19.01%), Magnesium: 64.43mg (16.11%), Iron: 2.74mg (15.25%), Vitamin B5: 1.37mg (13.67%), Fiber: 2.91g (11.64%), Potassium: 404.32mg (11.55%), Calcium: 102.67mg (10.27%), Vitamin K: 8.6µg (8.19%), Folate: 31.04µg (7.76%), Vitamin D: 0.84µg (5.63%), Vitamin E: 0.74mg (4.9%), Vitamin C: 1.15mg (1.39%)