



Fettuccine with Gorgonzola and Broccoli

READY IN



45 min.

SERVINGS



4

CALORIES



1268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 pounds broccoli thick cut into small florets (5 cups) (2 stalks)
- ☐ 3 tablespoons butter
- ☐ 0.8 cup chicken broth low-sodium homemade canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 pound fettuccine barilla
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cups gorgonzola blue crumbled
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 cups heavy cream

- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 1 teaspoon salt

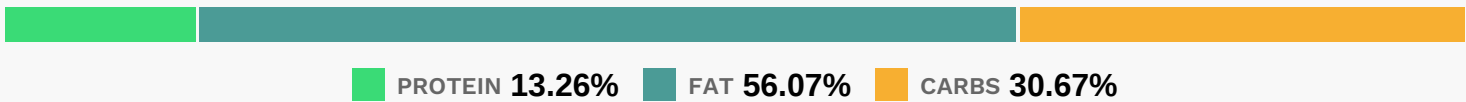
Equipment

- ☐ pot

Directions

- ☐ In a medium stainless-steel pot, combine the broth and wine and bring to a boil over moderate heat. Cook until the mixture is reduced to about 2/3 cup, 5 to 10 minutes.
- ☐ Reduce the heat to moderately low and add the Gorgonzola, cream, and butter. Bring to a simmer; cook, stirring, until the cheese melts and the sauce thickens slightly, about 5 minutes.
- ☐ Add the salt and pepper.
- ☐ Remove from the heat.
- ☐ In a large pot of boiling, salted water, cook the pasta until almost done, about 9 minutes.
- ☐ Add the broccoli florets and bring back to a boil. Cook until the broccoli and pasta are just done, about 3 minutes longer.
- ☐ Drain.
- ☐ Toss the fettuccine and broccoli with the Gorgonzola sauce, Parmesan, and parsley.
- ☐ Serve with extra Parmesan.
- ☐ Variations: Try the sauce and pasta with asparagus, green beans, or just fresh herbs instead of the broccoli.
- ☐ Wine Recommendation: Strong-flavored broccoli and Gorgonzola are a challenge to match with wine. A Fiano di Avellino's intense taste can take them on, and its acidity will cut the unctuousness of the sauce.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:36.41, Inflammation Score:-10, Nutrition Score:44.523477803106%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 11.16mg, Kaempferol: 11.16mg, Kaempferol: 11.16mg, Kaempferol: 11.16mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 1267.54kcal (63.38%), Fat: 78.85g (121.31%), Saturated Fat: 48.34g (302.13%), Carbohydrates: 97.05g (32.35%), Net Carbohydrates: 89.49g (32.54%), Sugar: 8.8g (9.78%), Cholesterol: 308.59mg (102.86%), Sodium: 1677.84mg (72.95%), Alcohol: 3.09g (100%), Alcohol %: 0.73% (100%), Protein: 41.96g (83.91%), Vitamin K: 200.98µg (191.41%), Vitamin C: 131.14mg (158.96%), Selenium: 108.28µg (154.69%), Phosphorus: 778.05mg (77.81%), Vitamin A: 3798.6IU (75.97%), Manganese: 1.33mg (66.67%), Calcium: 651.96mg (65.2%), Vitamin B2: 0.8mg (47.16%), Folate: 157.03µg (39.26%), Zinc: 5.19mg (34.62%), Vitamin B5: 3.39mg (33.93%), Vitamin B6: 0.68mg (33.85%), Magnesium: 128.44mg (32.11%), Potassium: 1098.41mg (31.38%), Fiber: 7.56g (30.23%), Vitamin B12: 1.5µg (25.08%), Copper: 0.48mg (23.97%), Vitamin B3: 4.76mg (23.79%), Vitamin B1: 0.34mg (22.99%), Iron: 3.96mg (22.03%), Vitamin E: 3.07mg (20.5%), Vitamin D: 2.62µg (17.49%)