



WHATSheATE



Fettuccine with Mint, Walnut, and Gorgonzola Pesto

READY IN



30 min.

SERVINGS



6

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound fettuccine barilla
- ☐ 3 cups mint leaves fresh divided loosely packed
- ☐ 3 garlic cloves
- ☐ 3 tablespoons gorgonzola cheese
- ☐ 0.8 tsp kosher salt
- ☐ 3 tablespoons mascarpone cheese
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons parmesan cheese grated

- ☐ 0.8 teaspoon pepper
- ☐ 0.5 cup walnut pieces

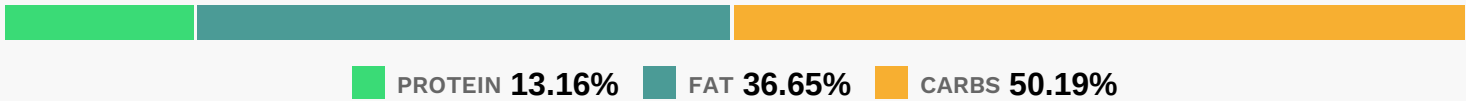
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta as package directs in a large pot of salted boiling water.
- ☐ Meanwhile, set aside 3/4 cup loosely packed small mint leaves. Put remaining mint and 3/4 tsp. salt, the nuts, garlic, parmesan, pepper, and oil in a food processor. Pulse just until coarsely pured.
- ☐ Transfer pesto to a large bowl and stir in gorgonzola and mascarpone.
- ☐ Drain pasta, saving 1 cup pasta water, then transfer to bowl with pesto. Toss to coat well. Quickly toss with reserved mint leaves and add a little pasta water if needed for a looser texture.
- ☐ Serve immediately and season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:22.96, Inflammation Score:-8, Nutrition Score:18.445652111717%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 469.98kcal (23.5%), Fat: 19.39g (29.83%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 59.74g (19.91%), Net Carbohydrates: 54.7g (19.89%), Sugar: 1.73g (1.92%), Cholesterol: 77.7mg (25.9%), Sodium: 427.9mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.34%), Selenium: 61.87µg (88.39%), Manganese: 1.3mg (65.18%), Phosphorus: 272.7mg (27.27%), Vitamin A: 1178.95IU (23.58%), Copper: 0.47mg (23.25%), Fiber: 5.04g (20.17%), Magnesium: 80.26mg (20.06%), Iron: 2.96mg (16.47%), Calcium: 156.92mg (15.69%), Zinc: 2.28mg (15.21%), Folate: 59.84µg (14.96%), Vitamin B6: 0.28mg (13.85%), Vitamin B1: 0.19mg (12.4%), Potassium: 385.9mg (11.03%), Vitamin B3: 2.17mg (10.83%), Vitamin B2: 0.18mg (10.42%), Vitamin B5: 0.96mg (9.6%), Vitamin C: 7.75mg (9.39%), Vitamin E: 0.9mg (5.97%), Vitamin B12: 0.33µg (5.45%), Vitamin K: 3.44µg (3.28%), Vitamin D: 0.27µg (1.8%)