



Fettuccine with Spinach, Blue Cheese, and Prosciutto

READY IN



45 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound fettuccine barilla dried
- ☐ 6 oz chunks cheese such as gorgonzola blue packed
- ☐ 6 servings fresh-ground pepper
- ☐ 0.3 cup milk
- ☐ 3 ounces thin- prosciutto
- ☐ 1 package spinach leaves washed rinsed drained (10 oz.;

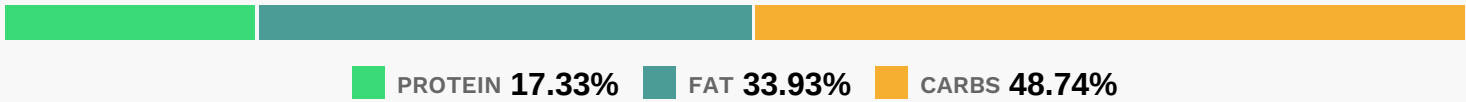
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add fettuccine and stir often for 10 minutes.
- ☐ Meanwhile, cut prosciutto into 1/4-inch-wide strips and rub with your fingers to separate pieces.
- ☐ In a 10- to 12-inch frying pan over high heat, stir cheese and milk until cheese is melted and sauce is smooth, about 3 minutes.
- ☐ Add prosciutto, stir, and keep warm over low heat.
- ☐ After pasta has cooked 10 minutes, add spinach to pan and push down to immerse in water. Continue to cook until pasta is tender to bite, about 2 minutes longer.
- ☐ Pour into a colander and drain well. Return pasta and spinach to pan; add sauce.
- ☐ Mix well, lifting with 2 forks.
- ☐ Serve in wide bowls; add pepper to taste.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:23.2, Inflammation Score:-10, Nutrition Score:28.391739264778%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 466.72kcal (23.34%), Fat: 17.63g (27.13%), Saturated Fat: 8.3g (51.87%), Carbohydrates: 56.98g (18.99%), Net Carbohydrates: 53.42g (19.43%), Sugar: 2.25g (2.5%), Cholesterol: 95.34mg (31.78%), Sodium: 477.01mg (20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Vitamin K: 229.87µg (218.93%),

Selenium: 67.2µg (96%), Vitamin A: 4723.89IU (94.48%), Manganese: 1.09mg (54.41%), Phosphorus: 345.94mg (34.59%), Folate: 123.97µg (30.99%), Calcium: 236.66mg (23.67%), Magnesium: 90.85mg (22.71%), Zinc: 2.67mg (17.78%), Vitamin B6: 0.35mg (17.34%), Vitamin B2: 0.29mg (17.15%), Potassium: 565.8mg (16.17%), Vitamin C: 13.3mg (16.12%), Iron: 2.87mg (15.97%), Copper: 0.3mg (15.24%), Vitamin B1: 0.22mg (14.57%), Fiber: 3.56g (14.25%), Vitamin B3: 2.8mg (14.01%), Vitamin B5: 1.33mg (13.28%), Vitamin B12: 0.69µg (11.51%), Vitamin E: 1.38mg (9.19%), Vitamin D: 0.54µg (3.58%)