



Fusilli with Three Cheeses and Red Bell Pepper

READY IN



45 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 tablespoons butter
- 1 cup fontina grated
- 0.8 pound fusilli
- 0.3 teaspoon fresh-ground pepper black
- 0.8 cup mozzarella cheese grated
- 6 tablespoons parmesan grated plus more for serving
- 2 bell peppers red cut into thin strips
- 1 teaspoon salt

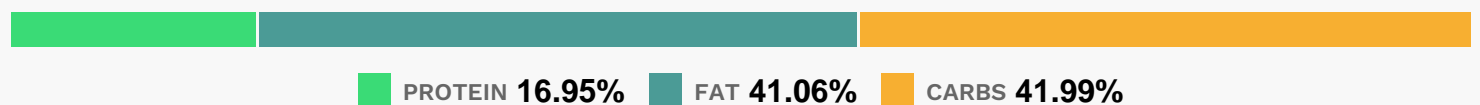
Equipment

- frying pan
- pot
- baking pan
- aluminum foil
- broiler

Directions

- In a medium frying pan, melt one tablespoon of the butter over moderately low heat.
- Add the bell peppers and 1/4 teaspoon of the salt and cook until soft, about 10 minutes.
- Heat the broiler. Butter a large shallow baking dish.
- In a large pot of boiling, salted water, cook the fusilli until just done, about 13 minutes.
- Drain and return to the hot pot. Toss the pasta with the remaining 3 tablespoons butter and 3/4 teaspoon salt, the sauted bell peppers, the fontina, mozzarella, 3 tablespoons of the Parmesan, and the black pepper.
- Transfer the pasta to the prepared baking dish and sprinkle the remaining 3 tablespoons Parmesan over the top. Broil until the top starts to brown, 3 to 4 minutes.
- Serve with additional Parmesan.
- Browning and Bubbling: Cheese often turns stringy when tossed with hot pasta. Broiling the dish after tossing melts the strings into a smooth sauce. An added bonus: that irresistible brown crust.
- Wine Recommendation: Creamy cheeses need a light red wine as a foil for their richness. A weighty Chianti Classico or Riserva would be overpowering here, but a basic Chianti, with its slight bitter-cherry flavor, will strike just the right balance.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:26.62, Inflammation Score:-9, Nutrition Score:24.29565212001%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 652.46kcal (32.62%), Fat: 29.71g (45.71%), Saturated Fat: 17.8g (111.23%), Carbohydrates: 68.39g (22.8%), Net Carbohydrates: 64.39g (23.42%), Sugar: 5.57g (6.19%), Cholesterol: 90.07mg (30.02%), Sodium: 1194.72mg (51.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.19%), Vitamin C: 76.16mg (92.32%), Selenium: 64µg (91.43%), Vitamin A: 2715.31IU (54.31%), Manganese: 0.88mg (43.82%), Phosphorus: 420.34mg (42.03%), Calcium: 402.65mg (40.26%), Zinc: 3.34mg (22.25%), Vitamin B12: 1.15µg (19.12%), Vitamin B6: 0.34mg (16.83%), Magnesium: 64.84mg (16.21%), Fiber: 4g (16.01%), Vitamin B2: 0.26mg (15.19%), Copper: 0.27mg (13.55%), Folate: 47.1µg (11.77%), Vitamin B3: 2.13mg (10.64%), Potassium: 364.32mg (10.41%), Vitamin E: 1.51mg (10.04%), Iron: 1.61mg (8.95%), Vitamin B1: 0.13mg (8.38%), Vitamin B5: 0.78mg (7.77%), Vitamin K: 5.65µg (5.38%), Vitamin D: 0.32µg (2.13%)