



## Fusilli with Zucchini and Fonduta

READY IN



45 min.

SERVINGS



4

CALORIES



1000 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 3 tablespoons butter cut into pieces, at room temperature
- ☐ 3 egg yolk
- ☐ 3 cups fontina grated
- ☐ 1 pound rotini pasta
- ☐ 0.5 teaspoon pepper black
- ☐ 1.3 cups milk
- ☐ 1.3 teaspoons salt
- ☐ 1.5 pounds zucchini seeded cut into 1/4-by-2-inch matchstick strips

## Equipment



- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ double boiler

## Directions

- ☐ In a medium heatproof bowl, combine the grated cheese and the milk. Allow the mixture to stand for 20 minutes and then drain off the milk, reserving 1/4 cup. Set the bowl with the cheese over a saucepan of barely simmering water, or transfer the cheese to the top of a double boiler.
- ☐ Whisk until the cheese melts, about 5 minutes.
- ☐ In a small bowl, whisk together the egg yolks and the reserved 1/4 cup milk and add to the melted cheese with the butter, whisking. The mixture will separate.
- ☐ Add the salt and pepper and continue whisking until the sauce is almost smooth, about 3 minutes longer. Do not cook too long or the mixture will curdle. The sauce will not be completely smooth.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the fusilli for 10 minutes.
- ☐ Add the zucchini and bring back to a boil. Cook until the zucchini and pasta are just done, about 3 minutes longer.
- ☐ Drain. Toss with the fonduta.
- ☐ Seeding Zucchini: Because the zucchini are boiled here, we recommend seeding them first; otherwise, the pulpy seeds become water-logged. To remove the seeds, cut the zucchini into quarters lengthwise. Then simply cut off the seeds.
- ☐ Wine Recommendation: Do not try to match this dish's richness; go for contrast instead. Piedmont's own Nebbiolo della Langhe, a spicy, earthy red wine with subtle hints of truffle, is what you want.

## Nutrition Facts



 **PROTEIN 18.8%**  **FAT 42.87%**  **CARBS 38.33%**

Properties

Glycemic Index:51, Glycemic Load:36.38, Inflammation Score:-9, Nutrition Score:32.993043526359%

Flavonoids

Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 999.87kcal (49.99%), Fat: 47.59g (73.21%), Saturated Fat: 27.57g (172.33%), Carbohydrates: 95.71g (31.9%), Net Carbohydrates: 90.32g (32.84%), Sugar: 12.57g (13.96%), Cholesterol: 292.36mg (97.46%), Sodium: 1642.14mg (71.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.95g (93.9%), Selenium: 95.49µg (136.42%), Phosphorus: 754.08mg (75.41%), Calcium: 710.81mg (71.08%), Manganese: 1.4mg (69.95%), Zinc: 6.25mg (41.64%), Vitamin B12: 2.36µg (39.27%), Vitamin C: 30.45mg (36.91%), Vitamin A: 1826.02IU (36.52%), Vitamin B2: 0.61mg (35.91%), Vitamin B6: 0.62mg (30.76%), Magnesium: 115.06mg (28.76%), Potassium: 895.27mg (25.58%), Copper: 0.46mg (22.88%), Folate: 87.24µg (21.81%), Fiber: 5.39g (21.57%), Vitamin B5: 1.96mg (19.64%), Vitamin B1: 0.27mg (17.78%), Iron: 2.73mg (15.18%), Vitamin B3: 2.93mg (14.67%), Vitamin D: 2.16µg (14.41%), Vitamin K: 11.47µg (10.92%), Vitamin E: 1.23mg (8.19%)