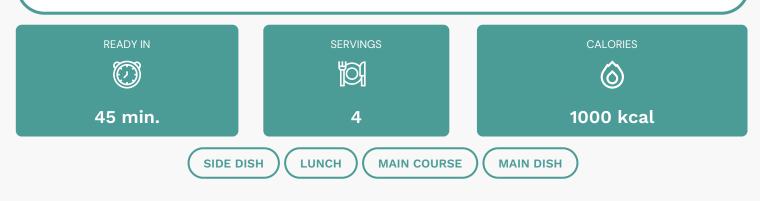


Fusilli with Zucchini and Fonduta



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	
Di	rections	
	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

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 %: O% (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%)