



## Goat Cheese Apple Walnut Pasta

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 large apples diced cored peeled
- 1 tablespoon butter
- 1 pinch cayenne pepper
- 1 cup chicken broth
- 2 cups elbow macaroni
- 2 teaspoons thyme leaves fresh chopped
- 4 ounces creamy goat cheese
- 4 servings salt and pepper black freshly ground to taste

0.5 cup walnuts toasted chopped

## Equipment

bowl

sauce pan

pot

## Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.

Drain and set aside in a large bowl.

Melt butter in saucepan over medium heat. Stir in apple; cook and stir until golden around the edges, about 3 minutes.

Stir in chicken broth and increase heat to medium high and simmer 2 minutes.

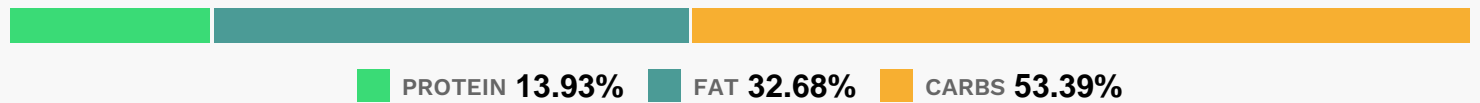
Reduce heat to low. Stir in goat cheese, 2 tablespoons at a time, to apple broth mixture, stirring well to incorporate after each addition.

Remove from heat.

Mix apple and goat cheese mixture with drained pasta until combined.

Stir in walnuts, thyme, cayenne pepper, salt, and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:52.75, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:16.683478282846%

## Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 541.08kcal (27.05%), Fat: 19.86g (30.56%), Saturated Fat: 7.09g (44.31%), Carbohydrates: 73g (24.33%), Net Carbohydrates: 67.83g (24.66%), Sugar: 8.93g (9.93%), Cholesterol: 21.74mg (7.25%), Sodium: 350.8mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.09%), Selenium: 54.88µg (78.39%), Manganese: 1.37mg (68.75%), Copper: 0.71mg (35.68%), Phosphorus: 292.55mg (29.26%), Fiber: 5.18g (20.71%), Magnesium: 77.42mg (19.35%), Vitamin B6: 0.3mg (14.8%), Vitamin B2: 0.24mg (13.85%), Zinc: 1.98mg (13.22%), Iron: 2.35mg (13.06%), Vitamin B1: 0.17mg (11.2%), Potassium: 338.18mg (9.66%), Vitamin B3: 1.92mg (9.58%), Vitamin A: 472.98IU (9.46%), Folate: 35.13µg (8.78%), Calcium: 82.73mg (8.27%), Vitamin B5: 0.69mg (6.87%), Vitamin C: 4.37mg (5.3%), Vitamin E: 0.46mg (3.06%), Vitamin K: 2.64µg (2.52%), Vitamin B12: 0.07µg (1.19%)