



Gorgonzola Cream Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



326 kcal

SAUCE

Ingredients

- ☐ 0.5 apples diced
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 teaspoon flat parsley italian chopped
- ☐ 3 ounces gorgonzola cheese crumbled
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 6 ounces ravioli dry miniature
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 0.3 cup walnuts toasted chopped

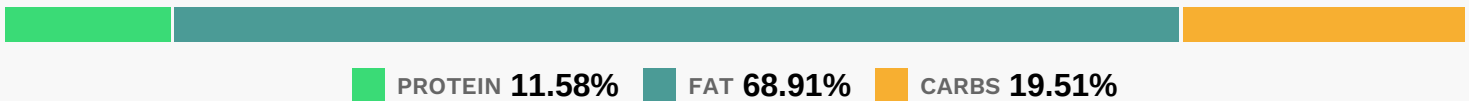
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Place a heavy skillet over medium heat.
- ☐ Pour cream into skillet, bring to a simmer, and cook cream until it reduces by half, about 8 minutes, stirring occasionally. Season with salt, black pepper, and cayenne pepper.
- ☐ Bring a pot of salted water to a boil.
- ☐ Pour dried ravioli into boiling water and cook, stirring occasionally, until pasta is tender, 16 to 18 minutes.
- ☐ Drain pasta, reserving a cup of pasta water.
- ☐ Gently fold cooked ravioli into cream sauce and turn heat to low.
- ☐ Mix in Gorgonzola cheese, stirring gently until melted. If sauce is too thick, thin it with a little pasta cooking water.
- ☐ Stir in 2 tablespoons parsley and Parmesan cheese.
- ☐ Transfer to a serving bowl and sprinkle with diced apple, walnuts, and 1 teaspoon parsley.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:4.97, Inflammation Score:-4, Nutrition Score:5.7434782981873%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 326.4kcal (16.32%), Fat: 25.41g (39.1%), Saturated Fat: 13.45g (84.04%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 14.66g (5.33%), Sugar: 3.5g (3.89%), Cholesterol: 72.21mg (24.07%), Sodium: 378.09mg (16.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.21%), Iron: 3.22mg (17.91%), Vitamin A: 723.72IU (14.47%), Calcium: 127.6mg (12.76%), Phosphorus: 107.18mg (10.72%), Manganese: 0.19mg (9.4%), Vitamin B2: 0.15mg (8.59%), Fiber: 1.53g (6.13%), Selenium: 4.07µg (5.82%), Vitamin D: 0.71µg (4.76%), Zinc: 0.7mg (4.69%), Copper: 0.09mg (4.69%), Vitamin B12: 0.26µg (4.31%), Vitamin B5: 0.39mg (3.9%), Magnesium: 15.29mg (3.82%), Vitamin B6: 0.07mg (3.59%), Potassium: 116.52mg (3.33%), Vitamin E: 0.48mg (3.18%), Folate: 12.08µg (3.02%), Vitamin K: 2.55µg (2.43%), Vitamin B1: 0.03mg (2.12%), Vitamin C: 1.03mg (1.25%), Vitamin B3: 0.24mg (1.21%)