



Gorgonzola Linguine with Toasted Walnuts

 Vegetarian

READY IN



25 min.

SERVINGS



3

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces pasta uncooked
- ☐ 1 tablespoon butter
- ☐ 1 clove garlic crushed
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup skim milk
- ☐ 0.3 cup wine dry white
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces gorgonzola crumbled

☐ 3 tablespoons walnuts toasted finely chopped

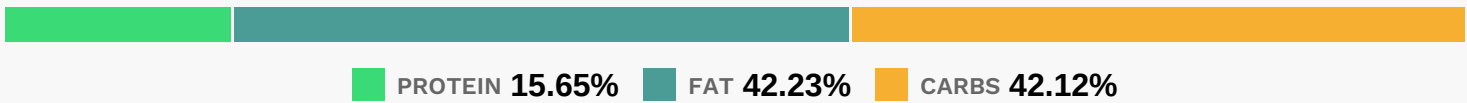
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook and drain linguine as directed on package.
- ☐ Meanwhile, melt butter in 2-quart saucepan over medium heat. Cook garlic in butter, stirring occasionally, until garlic is golden brown. Stir in flour until smooth and bubbly. Stir in milk, wine and salt. Cook, stirring constantly, until mixture begins to thicken.
- ☐ Reduce heat to medium-low. Stir cheese into sauce; cook, stirring frequently, until cheese is melted. Toss linguine and sauce in large bowl.
- ☐ Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:97.42, Glycemic Load:14.49, Inflammation Score:-5, Nutrition Score:12.164782583714%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 360.57kcal (18.03%), Fat: 16.39g (25.22%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 34.82g (12.66%), Sugar: 5.7g (6.33%), Cholesterol: 26.66mg (8.89%), Sodium: 478.31mg (20.8%), Alcohol: 2.06g (100%), Alcohol %: 1.47% (100%), Protein: 13.67g (27.34%), Selenium: 29.81µg (42.59%), Manganese: 0.75mg (37.49%), Phosphorus: 275.52mg (27.55%), Calcium: 230.55mg (23.06%), Copper: 0.28mg (14.25%), Vitamin B2: 0.23mg (13.82%), Magnesium: 52.88mg (13.22%), Vitamin B12: 0.71µg (11.87%), Zinc: 1.77mg

(11.8%), Vitamin B6: 0.21mg (10.49%), Potassium: 335.2mg (9.58%), Vitamin B1: 0.14mg (9.48%), Vitamin B5: 0.87mg (8.69%), Vitamin A: 429.51IU (8.59%), Fiber: 1.97g (7.87%), Folate: 29.99µg (7.5%), Vitamin D: 0.99µg (6.62%), Vitamin B3: 1.22mg (6.11%), Iron: 1.03mg (5.73%), Vitamin E: 0.27mg (1.8%), Vitamin K: 1.19µg (1.14%)