



Gorgonzola Sauce



Gluten Free

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READY IN

ready

60 min.

SERVINGS

servings

3

CALORIES

calories

1201 kcal

SAUCE

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 3 tablespoons parsley fresh minced
- ☐ 3 ounces crumbly gorgonzola (not creamy or "dolce")
- ☐ 4 cups heavy cream
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons parmesan freshly grated

Equipment

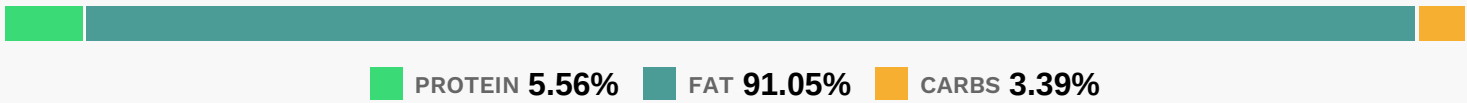
- ☐ sauce pan

☐ whisk

Directions

- ☐ Bring the heavy cream to a full boil in a medium saucepan over medium-high heat, then continue to boil rapidly for 45 to 50 minutes, until thickened like a white sauce, stirring occasionally.
- ☐ Off the heat, add the Gorgonzola, Parmesan, salt, pepper, and parsley.
- ☐ Whisk rapidly until the cheeses melt and serve warm. If you must reheat, warm the sauce over low heat until melted, then whisk vigorously until the sauce comes together.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:20.5769566764%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1201.3kcal (60.07%), Fat: 124.03g (190.82%), Saturated Fat: 79.12g (494.5%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 10.15g (3.69%), Sugar: 9.49g (10.54%), Cholesterol: 383.25mg (127.75%), Sodium: 1075.51mg (46.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.07%), Vitamin A: 5259.85IU (105.2%), Vitamin K: 77.34µg (73.66%), Vitamin B2: 0.73mg (42.72%), Calcium: 426.42mg (42.64%), Vitamin D: 5.24µg (34.96%), Phosphorus: 331.58mg (33.16%), Selenium: 14.79µg (21.12%), Vitamin E: 3.04mg (20.24%), Vitamin B12: 0.91µg (15.23%), Vitamin B5: 1.35mg (13.45%), Potassium: 407.57mg (11.64%), Zinc: 1.7mg (11.36%), Vitamin C: 7.22mg (8.76%), Magnesium: 33.8mg (8.45%), Vitamin B6: 0.17mg (8.39%), Folate: 29.41µg (7.35%), Vitamin B1: 0.08mg (5.17%), Iron: 0.75mg (4.15%), Manganese: 0.08mg (3.92%), Copper: 0.06mg (3.05%), Vitamin B3: 0.56mg (2.82%), Fiber: 0.26g (1.03%)