



Gorgonzola-Walnut Fettuccine with Toasted Breadcrumbs

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 slice day-old bread white hearty (such as Pepperidge Farm)
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 ounce gorgonzola cheese crumbled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons walnuts toasted chopped

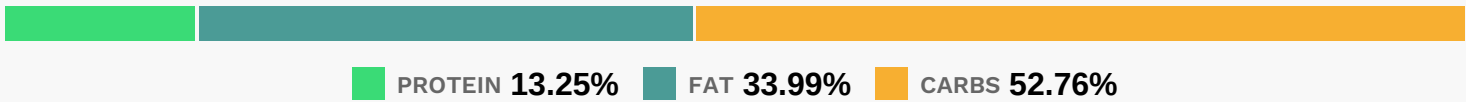
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 25
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 2/3 cup.
- ☐ Place breadcrumbs on a baking sheet.
- ☐ Bake at 250 for 30 minutes or until dry.
- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add minced garlic, and cook 30 seconds, stirring constantly.
- ☐ Remove garlic mixture from heat, and let stand 5 minutes. Return pan to heat. Stir in breadcrumbs; cook 6 minutes or until lightly browned, stirring mixture frequently.
- ☐ Cook the fettuccine according to package directions, omitting salt and fat; drain.
- ☐ Place fettuccine in a large bowl.
- ☐ Add the breadcrumb mixture, parsley, Gorgonzola, walnuts, lemon juice, salt, and black pepper; toss gently to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.94, Glycemic Load:19.63, Inflammation Score:-6, Nutrition Score:15.295652083729%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 346.29kcal (17.31%), Fat: 13.22g (20.34%), Saturated Fat: 3g (18.74%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 43.42g (15.79%), Sugar: 1.76g (1.95%), Cholesterol: 52.94mg (17.65%), Sodium: 416.79mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.2%), Selenium: 47.96µg (68.52%), Vitamin K: 64.53µg (61.46%), Manganese: 0.85mg (42.58%), Phosphorus: 204.25mg (20.42%), Copper: 0.32mg (15.75%), Magnesium: 51.05mg (12.76%), Vitamin B6: 0.22mg (11.12%), Vitamin B1: 0.17mg (11.04%), Fiber: 2.74g (10.97%), Zinc: 1.64mg (10.95%), Iron: 1.85mg (10.26%), Folate: 39.59µg (9.9%), Calcium: 89.33mg (8.93%), Vitamin B3: 1.72mg (8.59%), Vitamin C: 6.99mg (8.47%), Vitamin A: 407.8IU (8.16%), Vitamin B5: 0.75mg (7.54%), Potassium: 234.01mg (6.69%), Vitamin B2: 0.11mg (6.58%), Vitamin E: 0.83mg (5.56%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.21µg (1.37%)