



Linguine with Prosciutto and Gorgonzola

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup chicken stock see low-sodium canned
- 4 servings bell pepper red crushed
- 2 tablespoons flat-leaf parsley finely chopped
- 0.3 pound gorgonzola cheese italian
- 1 pound pasta thin
- 0.5 cup oil-packed sun-dried tomatoes drained cut into thin strips
- 1 tablespoon olive oil extra-virgin
- 1.3 inch thick of prosciutto cut into 3-by-1/4-inch matchsticks
- 4 servings salt and pepper black freshly ground

- 2 shallots thinly sliced

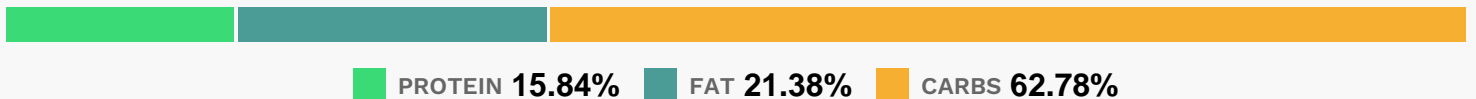
Equipment

- frying pan
- pot

Directions

- In a large pot of boiling salted water, cook the linguine until al dente.
- Drain the pasta, reserving 1/2 cup of the cooking liquid. Return the pasta to the pot, cover partially and keep warm.
- Meanwhile, heat the oil in a large nonreactive skillet.
- Add the shallots and cook over moderately high heat for 1 minute. Stir in the prosciutto and sun-dried tomatoes. Season with crushed red pepper, salt and black pepper and cook for 5 minutes.
- Add 1/4 cup of the chicken stock and stir up any browned bits clinging to the bottom of the pan.
- Pour the sauce over the pasta and toss well.
- Add the remaining 1/2 cup chicken stock and the Gorgonzola to the skillet and stir over moderate heat until creamy. Strain the sauce over the pasta, add the parsley and toss, adding some of the reserved cooking liquid if the pasta seems dry.
- Serve at once.
- Serve With: A lightly dressed green salad and a crusty loaf of Italian bread.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:36.55, Inflammation Score:-8, Nutrition Score:24.463913181554%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:

0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 613.2kcal (30.66%), Fat: 14.65g (22.55%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 96.84g (32.28%), Net Carbohydrates: 90.33g (32.85%), Sugar: 9.54g (10.6%), Cholesterol: 21.79mg (7.26%), Sodium: 401.58mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.86%), Selenium: 77.26µg (110.37%), Manganese: 1.38mg (69.14%), Vitamin K: 43.99µg (41.9%), Phosphorus: 402.22mg (40.22%), Copper: 0.59mg (29.63%), Potassium: 929.9mg (26.57%), Fiber: 6.51g (26.03%), Magnesium: 100.61mg (25.15%), Vitamin A: 1099.3IU (21.99%), Vitamin B3: 4.38mg (21.92%), Calcium: 204.9mg (20.49%), Iron: 3.56mg (19.76%), Zinc: 2.84mg (18.93%), Vitamin B6: 0.35mg (17.37%), Vitamin B2: 0.28mg (16.53%), Vitamin B5: 1.33mg (13.34%), Vitamin B1: 0.2mg (13.29%), Folate: 47.83µg (11.96%), Vitamin C: 9.06mg (10.99%), Vitamin E: 1.49mg (9.92%), Vitamin B12: 0.39µg (6.57%)