



Pasta Jarlsberg

READY IN



5 min.

SERVINGS



4

CALORIES



829 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair pasta fresh
- ☐ 2 tablespoon chervil fresh minced
- ☐ 1.5 cup jarlsberg cheese grated
- ☐ 4 servings salt & pepper white as needed
- ☐ 10 tablespoon butter unsalted

Equipment

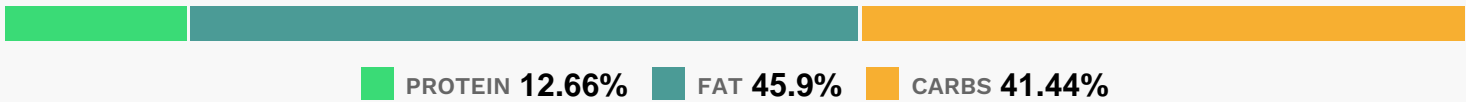
- ☐ bowl
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and stir to ensure that it doesn't stick. Cook until done to your liking, about 3 minutes. While the pasta cooks, melt the butter over medium-high, swirling the pan to keep the butter from getting brown.
- ☐ Add about ½ cup of the pasta water directly from the pot. Cook stirring until it begins to thicken. About 3 minutes.
- ☐ Drain the pasta (reserving some of the pasta water) and move it to a serving bowl. Toss the pasta with the butter sauce to coat thoroughly.
- ☐ Add the grated Jarlsberg cheese and the minced chervil. Toss well, until the cheese melts and gets creamy.
- ☐ Add some of the reserved pasta water only if necessary. Season with salt and white pepper.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:34.04, Inflammation Score:-7, Nutrition Score:16.787825988687%

Nutrients (% of daily need)

Calories: 828.86kcal (41.44%), Fat: 42.3g (65.08%), Saturated Fat: 25.87g (161.66%), Carbohydrates: 85.92g (28.64%), Net Carbohydrates: 82.01g (29.82%), Sugar: 3.05g (3.39%), Cholesterol: 105.52mg (35.17%), Sodium: 478.93mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.52%), Selenium: 72.75µg (103.93%), Manganese: 1.09mg (54.71%), Calcium: 368.54mg (36.85%), Vitamin A: 1323.58IU (26.47%), Phosphorus: 233.97mg (23.4%), Copper: 0.34mg (17.22%), Magnesium: 64.06mg (16.01%), Fiber: 3.91g (15.64%), Iron: 2.28mg (12.68%), Zinc: 1.85mg (12.34%), Potassium: 379.82mg (10.85%), Vitamin B3: 2.08mg (10.39%), Vitamin B6: 0.19mg (9.27%), Vitamin B1: 0.11mg (7.55%), Folate: 28.31µg (7.08%), Vitamin E: 0.94mg (6.24%), Vitamin B2: 0.1mg (5.7%), Vitamin B5: 0.53mg (5.27%), Vitamin D: 0.52µg (3.5%), Vitamin K: 2.56µg (2.44%), Vitamin C: 1.25mg (1.52%)