



Pasta Tossed with Blue Cheese Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



645 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 Tbsp butter
- 0.5 cup athenos cheese blue crumbled
- 8 oz philadelphia cream cheese spread
- 0.5 lb fettuccine barilla uncooked
- 1 clove garlic minced
- 1.5 cups oscar mayer ham strips smoked
- 1 cup leeks coarsely chopped
- 0.3 cup madeira wine
- 2 Tbsp milk

0.3 cup planters pecans coarsely chopped

Equipment

bowl

frying pan

sauce pan

Directions

Cook pasta as directed on package, omitting salt. Meanwhile, melt butter in skillet on medium heat.

Add leeks and nuts; cook and stir 5 min. or until leeks are tender.

Add ham; cook 3 min. or until heated through, stirring occasionally. Set aside.

Cook wine and garlic in medium saucepan on low heat 1 min.

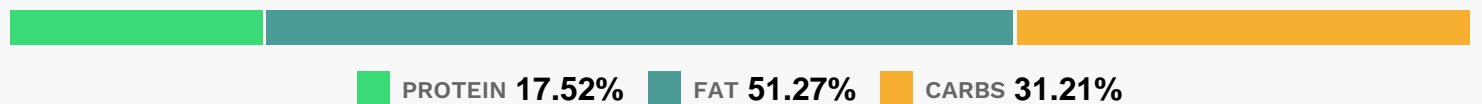
Add cream cheese spread and milk; cook until cream cheese spread is melted and mixture is blended, stirring occasionally.

Remove from heat; stir in blue cheese.

Drain pasta; place in large serving bowl.

Add ham mixture and cheese sauce; mix lightly.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:18.23, Inflammation Score:-7, Nutrition Score:19.474782580915%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg

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Nutrients (% of daily need)

Calories: 644.89kcal (32.24%), Fat: 36.03g (55.44%), Saturated Fat: 15.98g (99.86%), Carbohydrates: 49.36g (16.45%), Net Carbohydrates: 46.48g (16.9%), Sugar: 4.53g (5.04%), Cholesterol: 128.89mg (42.96%), Sodium: 1133.41mg (49.28%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 27.72g (55.43%), Selenium: 59.76µg (85.38%), Manganese: 0.91mg (45.47%), Phosphorus: 351.46mg (35.15%), Vitamin B1: 0.48mg (31.85%), Vitamin A: 1214.34IU (24.29%), Vitamin B6: 0.44mg (21.83%), Calcium: 211.1mg (21.11%), Zinc: 3.12mg (20.8%), Vitamin B3: 3.9mg (19.48%), Copper: 0.32mg (16.13%), Magnesium: 63.15mg (15.79%), Vitamin B2: 0.26mg (15.35%), Iron: 2.26mg (12.57%), Vitamin B12: 0.75µg (12.51%), Potassium: 423.49mg (12.1%), Vitamin B5: 1.18mg (11.75%), Fiber: 2.88g (11.53%), Vitamin K: 11.46µg (10.91%), Folate: 39.9µg (9.98%), Vitamin E: 0.85mg (5.63%), Vitamin D: 0.7µg (4.7%), Vitamin C: 2.98mg (3.61%)