



## Pasta Tossed with Blue Cheese Sauce

READY IN



30 min.

SERVINGS



30

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### 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:6.53, Glycemic Load:2.43, Inflammation Score:-2, Nutrition Score:2.5969565212727%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

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## **Nutrients (% of daily need)**

Calories: 85.99kcal (4.3%), Fat: 4.8g (7.39%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 6.2g (2.25%), Sugar: 0.6g (0.67%), Cholesterol: 17.18mg (5.73%), Sodium: 151.12mg (6.57%), Alcohol: 0.21g (100%), Alcohol %: 0.82% (100%), Protein: 3.7g (7.39%), Selenium: 7.97µg (11.38%), Manganese: 0.12mg (6.06%), Phosphorus: 46.86mg (4.69%), Vitamin B1: 0.06mg (4.25%), Vitamin A: 161.91IU (3.24%), Vitamin B6: 0.06mg (2.91%), Calcium: 28.15mg (2.81%), Zinc: 0.42mg (2.77%), Vitamin B3: 0.52mg (2.6%), Copper: 0.04mg (2.15%), Magnesium: 8.42mg (2.11%), Vitamin B2: 0.03mg (2.05%), Iron: 0.3mg (1.68%), Vitamin B12: 0.1µg (1.67%), Potassium: 56.47mg (1.61%), Vitamin B5: 0.16mg (1.57%), Fiber: 0.38g (1.54%), Vitamin K: 1.53µg (1.45%), Folate: 5.32µg (1.33%)