



## Pasta with Blue Cheese and Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 ounces cheese blue crumbled
- 1 clove garlic minced
- 2 tablespoons olive oil
- 0.5 pound pasta like spaghetti uncooked
- 0.3 cup walnuts coarsely chopped

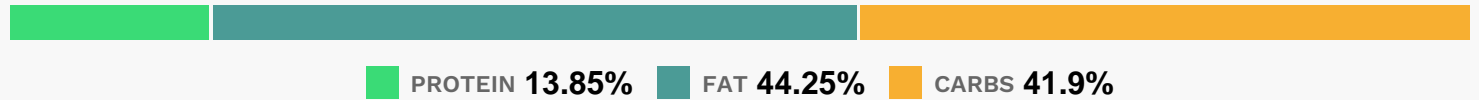
### Equipment

- frying pan
- pot

## Directions

- Cook pasta in a large pot of boiling water until al dente.
- Meanwhile, heat oil in heavy skillet.
- Add garlic, and saute for a few minutes. Stir in walnuts, and saute for several more minutes.
- Drain pasta, and divide into 2 plates. Top with saute and blue cheese.

## Nutrition Facts



## Properties

Glycemic Index:29.75, Glycemic Load:17.37, Inflammation Score:-4, Nutrition Score:11.667826044819%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 421.25kcal (21.06%), Fat: 20.76g (31.94%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 41.93g (15.25%), Sugar: 1.85g (2.06%), Cholesterol: 21.26mg (7.09%), Sodium: 329.84mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.24%), Selenium: 40.41µg (57.73%), Manganese: 0.78mg (39.23%), Phosphorus: 243.32mg (24.33%), Calcium: 170.19mg (17.02%), Copper: 0.29mg (14.69%), Magnesium: 48.31mg (12.08%), Zinc: 1.79mg (11.92%), Fiber: 2.32g (9.28%), Vitamin B2: 0.15mg (9.07%), Vitamin B6: 0.18mg (8.81%), Vitamin E: 1.19mg (7.95%), Vitamin B5: 0.78mg (7.81%), Folate: 27.6µg (6.9%), Potassium: 234.34mg (6.7%), Vitamin B3: 1.34mg (6.7%), Iron: 1.09mg (6.05%), Vitamin B12: 0.35µg (5.76%), Vitamin B1: 0.09mg (5.71%), Vitamin K: 5.16µg (4.92%), Vitamin A: 217.84IU (4.36%)