



Pasta with Creamy Garlic & Walnut Sauce

READY IN



25 min.

SERVINGS



8

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cloves garlic peeled
- 0.5 tsp ground pepper black
- 1.5 cups half-and-half
- 0.8 cup parmesan cheese shredded kraft
- 1 lb shaped pasta such as medium bow ties
- 1 tsp salt
- 1 cup planters walnut halves toasted

Equipment

food processor

bowl

Directions

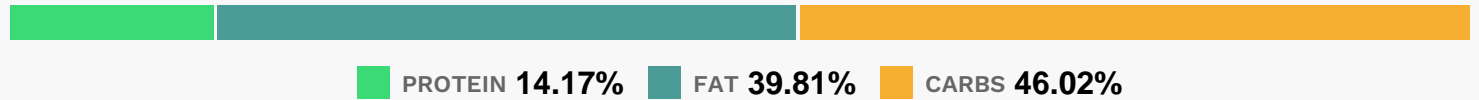
Cook pasta as directed on pkg.

Meanwhile, place walnuts, garlic, cream, cheese, salt and pepper in food processor container; cover. Process until well blended.

Drain pasta; place in large bowl.

Add sauce; mix lightly.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:17.39, Inflammation Score:-5, Nutrition Score:12.50913043385%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg 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: 403.62kcal (20.18%), Fat: 18.04g (27.75%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 46.92g (15.64%), Net Carbohydrates: 44.08g (16.03%), Sugar: 3.85g (4.28%), Cholesterol: 22.26mg (7.42%), Sodium: 472.4mg (20.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Selenium: 40.23µg (57.46%), Manganese: 1.05mg (52.54%), Phosphorus: 267.28mg (26.73%), Copper: 0.41mg (20.38%), Calcium: 187.88mg (18.79%), Magnesium: 62.23mg (15.56%), Fiber: 2.84g (11.37%), Zinc: 1.7mg (11.31%), Vitamin B2: 0.18mg (10.36%), Vitamin B6: 0.2mg (10%), Vitamin B1: 0.12mg (7.99%), Potassium: 264.18mg (7.55%), Iron: 1.29mg (7.16%), Folate: 26.6µg (6.65%), Vitamin B3: 1.21mg (6.05%), Vitamin B5: 0.51mg (5.08%), Vitamin A: 237.52IU (4.75%), Vitamin B12: 0.2µg (3.31%), Vitamin E: 0.3mg (2%), Vitamin K: 1.42µg (1.35%), Vitamin C: 0.83mg (1.01%)