



Pasta with Gorgonzola and Sweet Onion

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



702 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 cloves garlic minced
- ☐ 4 ounces gorgonzola cheese crumbled
- ☐ 0.3 cup olive oil
- ☐ 16 ounce pasta like spaghetti
- ☐ 2 large onions sweet thinly sliced

Equipment

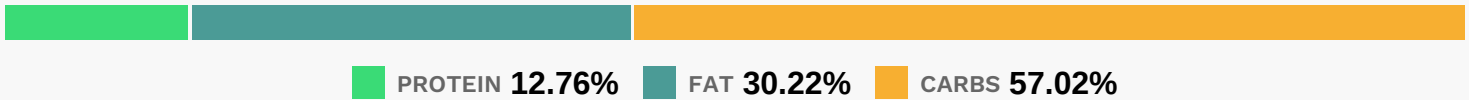
- ☐ bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta, and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Heat oil in a large skillet over medium high heat.
- ☐ Saute onions until golden brown, about 10 minutes. Stir in garlic, and cook for 2 minutes.
- ☐ Remove from heat, and stir in balsamic vinegar.
- ☐ In a large bowl, combine pasta, onion mixture, and Gorgonzola. Toss until evenly coated, and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:35.04, Inflammation Score:-8, Nutrition Score:19.942173830841%

Flavonoids

Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 24.06mg, Quercetin: 24.06mg, Quercetin: 24.06mg, Quercetin: 24.06mg

Nutrients (% of daily need)

Calories: 702.36kcal (35.12%), Fat: 23.49g (36.14%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 99.69g (33.23%), Net Carbohydrates: 94.54g (34.38%), Sugar: 12.69g (14.1%), Cholesterol: 21.26mg (7.09%), Sodium: 348.43mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.31g (44.63%), Selenium: 76.82µg (109.74%), Manganese: 1.2mg (60.19%), Phosphorus: 372.54mg (37.25%), Vitamin B6: 0.44mg (22.09%), Copper: 0.44mg (21.92%), Calcium: 211.61mg (21.16%), Magnesium: 82.85mg (20.71%), Fiber: 5.15g (20.6%), Zinc: 2.59mg (17.28%), Folate: 68.73µg (17.18%), Potassium: 537.51mg (15.36%), Vitamin E: 2.17mg (14.49%), Vitamin B2: 0.21mg (12.42%), Vitamin B3: 2.45mg (12.24%), Vitamin B1: 0.18mg (12.08%), Iron: 2.15mg (11.95%), Vitamin B5: 1.15mg (11.5%), Vitamin C: 8.41mg (10.2%), Vitamin K: 9.44µg (8.99%), Vitamin B12: 0.35µg (5.76%), Vitamin A: 218.1IU (4.36%)