



WHATSheATE



Pasta with Mushrooms and Gorgonzola Cheese Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



575 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz baby bella mushrooms sliced
- ☐ 2 tablespoons parsley fresh
- ☐ 0.3 teaspoon thyme leaves fresh
- ☐ 1 garlic clove minced
- ☐ 1.3 cup gorgonzola cheese divided
- ☐ 1 cup heavy cream
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onions chopped

- ☐ 1 pound soup noodles
- ☐ 6 servings salt and pepper
- ☐ 0.8 cup vegetable stock

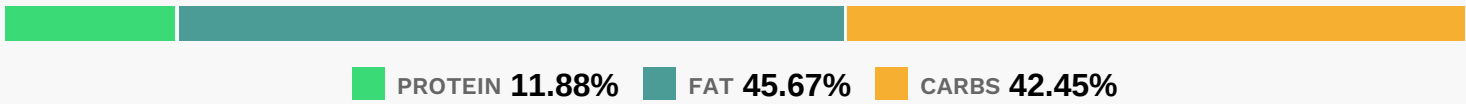
Equipment

- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Cook pasta in boiling salted water until al dente.
- ☐ Drain well and keep warm.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add the mushrooms and cook for 5 minutes or until soft, stirring occasionally.
- ☐ Add onions, garlic, salt, pepper and thyme. Cook 4 minutes, stirring occasionally.
- ☐ Add the chicken stock, heavy cream, increase the heat to high and bring to a boil. Reduce the heat to medium low and simmer until thick, stirring constantly with a wooden spoon about 5 minutes.
- ☐ Add 1 cup of gorgonzola cheese and 1 tablespoon of parsley. Stir well and adjust the seasoning to taste.
- ☐ Add the pasta to the mushroom sauce, stirring well, and cook until the pasta is heated through, about 2 minutes.
- ☐ Remove from heat and sprinkle with remaining gorgonzola cheese and parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:23.26, Inflammation Score:-7, Nutrition Score:17.862173940824%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 574.97kcal (28.75%), Fat: 29.28g (45.04%), Saturated Fat: 14.71g (91.95%), Carbohydrates: 61.23g (20.41%), Net Carbohydrates: 58.37g (21.22%), Sugar: 4.59g (5.1%), Cholesterol: 62.48mg (20.83%), Sodium: 600.87mg (26.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.28%), Selenium: 62.33µg (89.04%), Manganese: 0.77mg (38.67%), Phosphorus: 306.56mg (30.66%), Vitamin K: 28.03µg (26.7%), Vitamin B2: 0.4mg (23.51%), Copper: 0.43mg (21.44%), Vitamin A: 941.79IU (18.84%), Calcium: 178.48mg (17.85%), Vitamin B3: 3.02mg (15.1%), Zinc: 2.24mg (14.94%), Vitamin B5: 1.42mg (14.21%), Magnesium: 53.48mg (13.37%), Potassium: 458.86mg (13.11%), Fiber: 2.86g (11.45%), Vitamin B6: 0.22mg (11.01%), Vitamin E: 1.53mg (10.21%), Folate: 36.89µg (9.22%), Vitamin B1: 0.13mg (8.33%), Iron: 1.41mg (7.84%), Vitamin B12: 0.39µg (6.47%), Vitamin D: 0.79µg (5.27%), Vitamin C: 2.96mg (3.59%)