



## Penne and Mushrooms with Gorgonzolo Sauce

READY IN



30 min.

SERVINGS



30

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cloves garlic minced
- 0.5 cup athenos gorgonzola cheese crumbled
- 2 cups half-and-half
- 2 cups mushrooms sliced
- 2 tsp olive oil
- 1 medium onion sliced
- 0.5 cup polly-o parmesan cheese shredded
- 16 oz penne pasta uncooked

2 Tbsp cooking sherry

## Equipment

bowl

frying pan

sauce pan

## Directions

Cook pasta as directed on package. Meanwhile, heat oil in large skillet.

Add mushrooms, onion and garlic; cook and stir until tender.

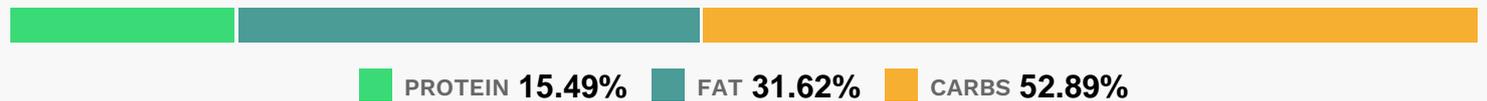
Bring half-and-half just to a boil in nonstick saucepan on medium heat. Reduce heat to low; simmer 5 minutes.

Add Gorgonzola cheese, Parmesan cheese and sherry; cook until sauce is thickened, stirring frequently.

Drain pasta; place in large bowl.

Add cheese sauce; toss to coat. Top with mushroom mixture.

## Nutrition Facts



## Properties

Glycemic Index:6.67, Glycemic Load:4.71, Inflammation Score:-1, Nutrition Score:3.1452173636011%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 97.06kcal (4.85%), Fat: 3.38g (5.2%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 12.11g (4.4%), Sugar: 1.39g (1.54%), Cholesterol: 8.19mg (2.73%), Sodium: 59.66mg (2.59%), Alcohol: 0.1g (100%), Alcohol %: 0.28% (100%), Protein: 3.73g (7.45%), Selenium: 11.36µg (16.23%), Manganese: 0.15mg (7.58%), Phosphorus: 69.81mg (6.98%), Calcium: 51.61mg (5.16%), Vitamin B2: 0.08mg (4.72%), Copper: 0.07mg

(3.44%), Magnesium: 11.89mg (2.97%), Zinc: 0.42mg (2.77%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.25mg (2.54%), Potassium: 88.59mg (2.53%), Fiber: 0.61g (2.46%), Vitamin B6: 0.05mg (2.41%), Vitamin B1: 0.03mg (1.8%), Vitamin A: 84.59IU (1.69%), Iron: 0.27mg (1.51%), Folate: 5.8µg (1.45%), Vitamin B12: 0.08µg (1.27%)