



Roquefort Noodles

READY IN



20 min.

SERVINGS



8

CALORIES



380 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 tablespoon chicken soup base jarred
- ☐ 6 to 8 green onions sliced
- ☐ 0.5 teaspoon olive oil
- ☐ 4 oz roquefort blue crumbled
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 12 oz wide egg noodles

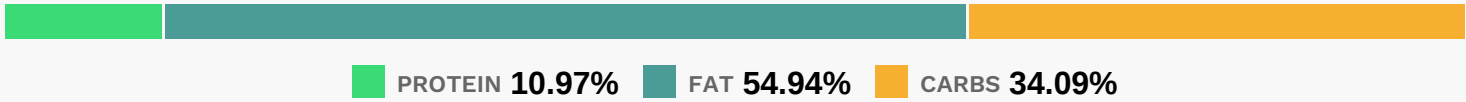
Equipment

☐ frying pan

Directions

- ☐ Prepare noodles according to package directions, adding chicken soup base and oil to water.
- ☐ Meanwhile, melt butter in a large heavy skillet over medium heat.
- ☐ Add onions, and saut 5 to 7 minutes or until tender. Reduce heat to medium–low, and stir in Roquefort cheese, stirring constantly until cheese is melted.
- ☐ Remove from heat, and stir in sour cream until blended and smooth.
- ☐ Toss together Roquefort cheese sauce and hot cooked egg noodles.
- ☐ Add seasoned pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:12.95, Inflammation Score:-5, Nutrition Score:10.363043520762%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 379.7kcal (18.98%), Fat: 23.38g (35.97%), Saturated Fat: 13.39g (83.67%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 31g (11.27%), Sugar: 2.06g (2.28%), Cholesterol: 94.5mg (31.5%), Sodium: 282.31mg (12.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Selenium: 37.15µg (53.07%), Vitamin K: 20.79µg (19.8%), Manganese: 0.38mg (19.12%), Phosphorus: 188.45mg (18.84%), Vitamin A: 758.68IU (15.17%), Calcium: 128.51mg (12.85%), Zinc: 1.38mg (9.21%), Vitamin B2: 0.15mg (9.05%), Magnesium: 33.19mg (8.3%), Vitamin B5: 0.75mg (7.51%), Copper: 0.15mg (7.27%), Vitamin B6: 0.14mg (6.82%), Vitamin B12: 0.4µg (6.64%), Fiber: 1.64g (6.55%), Folate: 25.36µg (6.34%), Potassium: 206.56mg (5.9%), Vitamin B1: 0.09mg (5.85%), Vitamin B3: 1.16mg (5.81%), Iron: 1.03mg (5.74%), Vitamin E: 0.72mg (4.81%), Vitamin C: 1.95mg (2.36%), Vitamin D: 0.2µg (1.34%)