



Spinach Fettuccini with Gorgonzola Cream Sauce

READY IN



25 min.

SERVINGS



6

CALORIES



549 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 handfuls baby spinach leaves
- 6 servings pepper black freshly ground
- 2 tablespoons butter
- 1 cup chicken stock see
- 1 cup heavy whipping cream
- 2 tablespoons flour all-purpose
- 2 cloves garlic finely chopped
- 8 ounces gorgonzola cut into small pieces

- 3 leaves sage fresh finely chopped
- 6 servings salt
- 12 ounce spinach fettuccini

Equipment

- bowl
- whisk
- pot

Directions

- Heat water to a boil for pasta, salt water and cook pasta to al dente.
- Heat butter in a large sauce pot with butter, add garlic, cook 2 minutes then whisk in flour, cook 1 minute.
- Whisk in stock then cream, bring to a bubble and stir in Gorgonzola, about 2 minutes until melted. Stir in sage and a little pepper and cook 3 minutes more.
- In a serving bowl toss hot pasta with sauce and fresh spinach to wilt in.

Nutrition Facts



PROTEIN 13.89% FAT 52.2% CARBS 33.91%

Properties

Glycemic Index:48.33, Glycemic Load:18.77, Inflammation Score:-9, Nutrition Score:23.062608553016%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 549.35kcal (27.47%), Fat: 32.06g (49.33%), Saturated Fat: 19.41g (121.3%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 44.44g (16.16%), Sugar: 3.15g (3.5%), Cholesterol: 132.03mg (44.01%), Sodium: 754.35mg (32.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.39%), Vitamin K: 99.65µg (94.91%), Selenium: 53.47µg (76.39%), Vitamin A: 2900.52IU (58.01%), Manganese: 0.72mg (35.85%), Phosphorus: 332.05mg (33.21%), Calcium: 270.61mg (27.06%), Vitamin B2: 0.36mg (21%), Folate: 77.2µg (19.3%), Zinc: 2.39mg (15.91%),

Magnesium: 62.86mg (15.71%), Copper: 0.31mg (15.25%), Vitamin B6: 0.28mg (13.82%), Vitamin B5: 1.31mg (13.08%),
Vitamin B3: 2.54mg (12.68%), Potassium: 435.66mg (12.45%), Vitamin B12: 0.7µg (11.62%), Iron: 2.01mg (11.15%),
Vitamin B1: 0.17mg (11.13%), Fiber: 2.43g (9.71%), Vitamin E: 1.2mg (7.99%), Vitamin C: 6.25mg (7.58%), Vitamin D:
0.99µg (6.63%)