



Tequila Sunrise Pasta Quattro Fromaggio

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 ounce camembert cheese diced
- ☐ 6 cups rigatoni hot cooked uncooked (9 ounces pasta)
- ☐ 12 ounce evaporated skim milk canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 ounce fontina shredded
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 ounce gorgonzola blue crumbled
- ☐ 1 tablespoon butter
- ☐ 1 ounce parmesan cheese fresh finely grated

- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt

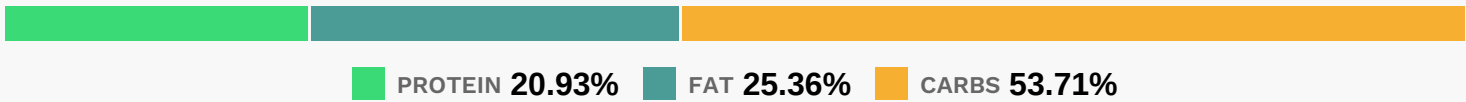
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt margarine in a large saucepan over medium heat.
- ☐ Add flour; cook 30 seconds, stirring constantly with a whisk.
- ☐ Add pepper, salt, and milk, and bring to a simmer, stirring frequently.
- ☐ Remove from heat, and add fontina, Gorgonzola, and Camembert cheeses, stirring until cheeses melt. Stir in pasta and basil; spoon into each of 4 bowls.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:83.38, Glycemic Load:22.36, Inflammation Score:-6, Nutrition Score:15.680434957795%

Nutrients (% of daily need)

Calories: 437.82kcal (21.89%), Fat: 12.21g (18.78%), Saturated Fat: 5.89g (36.82%), Carbohydrates: 58.17g (19.39%), Net Carbohydrates: 55.34g (20.12%), Sugar: 10.78g (11.98%), Cholesterol: 26.86mg (8.95%), Sodium: 589.2mg (25.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.34%), Selenium: 47.06µg (67.22%), Calcium: 449.26mg (44.93%), Phosphorus: 382.36mg (38.24%), Manganese: 0.55mg (27.52%), Vitamin B2: 0.4mg (23.78%), Zinc: 2.36mg (15.7%), Vitamin A: 746.66IU (14.93%), Magnesium: 58.71mg (14.68%), Iron: 2.43mg (13.5%), Vitamin D: 1.84µg (12.28%), Potassium: 400.59mg (11.45%), Fiber: 2.83g (11.32%), Vitamin B5: 1.09mg (10.94%), Vitamin B12: 0.59µg (9.84%), Copper: 0.18mg (9.1%), Vitamin B6: 0.16mg (8.19%), Folate: 30.21µg (7.55%), Vitamin B1: 0.09mg (6.15%), Vitamin B3: 1.02mg (5.09%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.28mg (1.85%), Vitamin C: 1.21mg (1.46%)