



Whole Wheat Pasta with Pears, Walnuts and Gorgonzola Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



663 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch leaved arugula
- ☐ 3 bosc pears cored halved cut into small pieces
- ☐ 3 tablespoon butter
- ☐ 4 basil leaves fresh chopped
- ☐ 1 cup gorgonzola cheese crumbled
- ☐ 1 cup heavy cream
- ☐ 1 juice of lemon
- ☐ 0.3 cup onions finely chopped

- ☐ 1 pound grain rotini whole
- ☐ 6 servings salt and pepper
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup walnuts lightly toasted

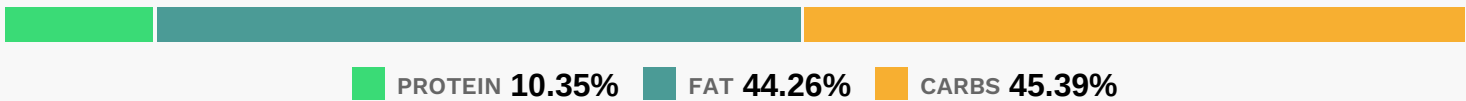
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Bring salted water to a boil in a large pot.
- ☐ Add the pasta and cook according to the package directions.Meanwhile, in a medium bowl, combine the pear and lemon juice, and toss to coat the pear evenly to prevent them from turning brown.In a sauté pan over medium–high heat, melt 2 tablespoons of the butter.
- ☐ Add the pears and sugar and caramelize. Set pears aside on a plate.
- ☐ Add the remaining butter and onions and saute until tender.
- ☐ Add the cream and reduce the heat to low and simmer for about 1 minute.
- ☐ Add 1/2 a cup of the cheese and whisk until smooth, about 1 minute more.
- ☐ Remove from the heat and season with salt and pepper.dd the pears, walnuts, arugula and basil and stir.
- ☐ Drain the pasta in a colander, add to the sauce and toss well.
- ☐ Add the remaining cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.47, Glycemic Load:5.87, Inflammation Score:-8, Nutrition Score:19.160869494728%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 662.74kcal (33.14%), Fat: 33.18g (51.04%), Saturated Fat: 17.09g (106.82%), Carbohydrates: 76.54g (25.51%), Net Carbohydrates: 70.27g (25.55%), Sugar: 15g (16.67%), Cholesterol: 74mg (24.67%), Sodium: 477.15mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Selenium: 52.44µg (74.92%), Manganese: 1.14mg (57.21%), Phosphorus: 297.14mg (29.71%), Vitamin A: 1387.34IU (27.75%), Vitamin K: 28.13µg (26.79%), Fiber: 6.27g (25.06%), Copper: 0.48mg (23.87%), Magnesium: 78.94mg (19.74%), Calcium: 193.32mg (19.33%), Vitamin B2: 0.25mg (14.79%), Folate: 58.69µg (14.67%), Zinc: 2.16mg (14.43%), Potassium: 487.64mg (13.93%), Vitamin B6: 0.26mg (12.77%), Vitamin C: 9.49mg (11.51%), Iron: 1.83mg (10.17%), Vitamin B5: 0.96mg (9.57%), Vitamin B1: 0.14mg (9.22%), Vitamin B3: 1.83mg (9.15%), Vitamin E: 0.92mg (6.16%), Vitamin B12: 0.31µg (5.09%), Vitamin D: 0.73µg (4.86%)