



Ziti with Roquefort Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



875 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth low-sodium homemade canned
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1.5 cups heavy cream
- ☐ 0.3 cup parmesan cheese grated plus more for serving
- ☐ 6 ounces roquefort cheese
- ☐ 0.8 teaspoon salt

☐ 0.8 pound ziti

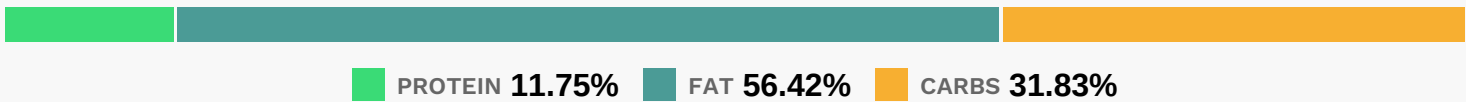
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium bowl, mash the Roquefort with a fork.
- ☐ Add the cream a little at a time, whisking, until the mixture is fairly smooth. Some lumps of cheese will remain.
- ☐ In a medium, stainless-steel saucepan, bring the chicken broth and the wine to a boil over moderate heat. Cook until reduced to 1/2 cup, about 5 minutes.
- ☐ Add the butter.
- ☐ Reduce the heat to moderately low and add the Roquefort mixture. Cook, stirring, until the sauce thickens slightly, about 3 minutes.
- ☐ Add the salt and pepper.
- ☐ In a large pot of boiling, salted water, cook the ziti until just done, about 12 minutes.
- ☐ Drain the pasta and toss with the Roquefort cream sauce, the Parmesan, and the parsley.
- ☐ Serve with additional Parmesan.
- ☐ Wine Recommendation: Roquefort is tough to match with wine. We favor an acidic white, such as a chenin blanc from France's Loire Valley, or an acidic red, such as a young dolcetto from the Piedmont region in Italy.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:25.87, Inflammation Score:-9, Nutrition Score:21.513913320458%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 874.55kcal (43.73%), Fat: 54.16g (83.32%), Saturated Fat: 33.58g (209.87%), Carbohydrates: 68.75g (22.92%), Net Carbohydrates: 65.93g (23.98%), Sugar: 5.13g (5.7%), Cholesterol: 159.61mg (53.2%), Sodium: 1399.87mg (60.86%), Alcohol: 2.06g (100%), Alcohol %: 0.92% (100%), Protein: 25.37g (50.74%), Selenium: 64.88µg (92.69%), Phosphorus: 434.31mg (43.43%), Vitamin A: 2155.36IU (43.11%), Calcium: 421.77mg (42.18%), Manganese: 0.84mg (42.13%), Vitamin K: 36.62µg (34.88%), Vitamin B2: 0.51mg (29.76%), Zinc: 2.65mg (17.68%), Magnesium: 69.93mg (17.48%), Copper: 0.29mg (14.67%), Vitamin B5: 1.38mg (13.77%), Vitamin B3: 2.28mg (11.38%), Fiber: 2.82g (11.28%), Vitamin B6: 0.23mg (11.26%), Folate: 43.56µg (10.89%), Potassium: 378.72mg (10.82%), Vitamin D: 1.46µg (9.73%), Iron: 1.72mg (9.55%), Vitamin B12: 0.54µg (9.01%), Vitamin B1: 0.12mg (7.75%), Vitamin E: 1.13mg (7.5%), Vitamin C: 3.2mg (3.87%)