



Ziti with Spinach, Cherry Tomatoes, and Gorgonzola Sauce

READY IN



40 min.

SERVINGS



2

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cherry tomatoes halved
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons gorgonzola crumbled
- ☐ 6 tablespoons half and half
- ☐ 0.5 teaspoon olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 1 cup pkt spinach fresh

☐ 4 ounces ziti uncooked

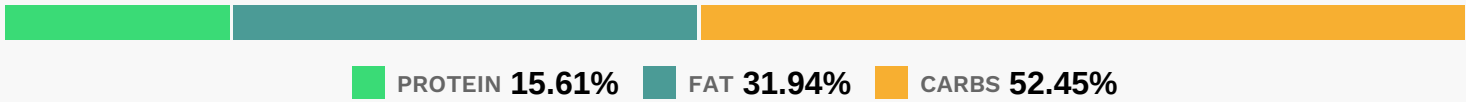
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Heat extra-virgin olive oil in a large nonstick skillet over medium heat.
- ☐ Add cherry tomatoes, salt, crushed red pepper, and minced garlic to pan; cook 1 minute, stirring occasionally. Stir in half-and-half and Gorgonzola cheese; cook 2 minutes or until slightly thick, stirring constantly. Stir in spinach and pasta; cook 1 minute or until spinach wilts, tossing occasionally.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:17.36, Inflammation Score:-9, Nutrition Score:19.10347827362%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 371.72kcal (18.59%), Fat: 13.22g (20.34%), Saturated Fat: 7.41g (46.32%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 46.11g (16.77%), Sugar: 5.42g (6.02%), Cholesterol: 31.5mg (10.5%), Sodium: 585.41mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.09%), Vitamin K: 76.44µg (72.8%), Selenium: 41.08µg (58.69%), Vitamin A: 2127.58IU (42.55%), Manganese: 0.76mg (38.15%), Vitamin C: 22.07mg (26.76%), Phosphorus: 262.06mg (26.21%), Calcium: 197.3mg (19.73%), Vitamin B2: 0.25mg (14.65%), Magnesium: 58.5mg (14.63%), Folate: 57.98µg (14.5%), Potassium: 494.23mg (14.12%), Copper: 0.26mg (12.88%), Vitamin B6: 0.25mg (12.36%), Zinc: 1.74mg (11.61%), Fiber: 2.74g (10.96%), Iron: 1.79mg (9.96%), Vitamin B3: 1.76mg (8.79%), Vitamin B5: 0.85mg (8.53%), Vitamin E: 1.14mg (7.61%), Vitamin B1: 0.11mg (7.5%), Vitamin B12: 0.34µg (5.69%)