# Fitness influencer faces backlash for controversial 'marry me pasta' recipe with high sugar content



Fitness influencer Sophie Guidolin sparked online controversy with a unique take on the viral "marry me pasta" recipe. Guidolin, known for her healthy lifestyle advocacy, shared a version on Instagram that incorporated a whole can of sweetened condensed milk instead of the traditional cream or evaporated milk. This ingredient swap significantly increased the dish's sugar content to over 215 grams for the entire dish, based on data suggesting the condensed milk contains approximately 55 grams of sugar per 100 grams.

Despite stating the recipe alteration was initially a joke, Guidolin expressed enjoyment of the dish. However, her followers quickly voiced concern about the high sugar content. Comments highlighted the nutritional implications, with some questioning if she intended to use evaporated milk instead.

In addition to her culinary experiment, Guidolin has recently been in the public eye due to speculation about her relationship with boyfriend Nicholas White. Rumors of a secret marriage circulated after she was seen wearing a ring on her wedding finger and referring to White as her husband in online posts.

Guidolin criticized the Outspoken podcast hosts for discussing her personal life, a topic she had openly hinted at on social media. Nicholas White defended Guidolin, criticizing the podcast's focus. The hosts responded by emphasizing their commitment to analyzing influencer culture. Both parties have been reached for further comment.