



Bucatini with Mushrooms

READY IN



40 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces bucatini pasta uncooked
- 1 tablespoon canola oil
- 0.5 ounce porcini mushrooms dried
- 2 tablespoons cooking sherry dry
- 1 teaspoon sage fresh finely chopped
- 2 garlic cloves minced
- 0.3 cup heavy whipping cream
- 8 ounce exotic mushroom blend coarsely chopped
- 2 ounces parmigiano-reggiano cheese divided

- 0.5 teaspoon cracked pepper black
- 3.3 teaspoons salt divided
- 0.3 cup shallots finely chopped
- 1 teaspoon truffle oil
- 0.7 cup water boiling

Equipment

- bowl
- frying pan
- sieve
- colander

Directions

- Rinse porcini thoroughly.
- Combine porcini and 2/3 cup boiling water in a bowl; cover and let stand 30 minutes.
- Drain in a sieve over a bowl, reserving 1/4 cup soaking liquid. Chop porcini.
- Cook pasta with 1 tablespoon salt in boiling water 10 minutes or until al dente; drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
- Heat oil in a large skillet over medium-high heat.
- Add shallots, mushroom blend, and garlic; saut 5 minutes, stirring frequently. Stir in porcini, sherry, and 1/4 teaspoon salt; cook 1 minute or until liquid evaporates.
- Finely grate 1 ounce cheese; crumble remaining cheese. Reduce heat to medium. Stir in pasta, 1/4 cup reserved cooking liquid, 1/4 cup reserved porcini soaking liquid, 1/4 cup grated cheese, cream, chopped sage, and pepper; toss well to combine.
- Drizzle with oil; toss.
- Place about 1 1/4 cups pasta mixture on each of 4 plates; top each serving with about 1 tablespoon crumbled cheese.
- Garnish with sage sprigs, if desired.

Nutrition Facts



■ PROTEIN 14.81% ■ FAT 32.75% ■ CARBS 52.44%

Properties

Glycemic Index:52, Glycemic Load:18.72, Inflammation Score:-5, Nutrition Score:19.113913193993%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 406.43kcal (20.32%), Fat: 14.76g (22.7%), Saturated Fat: 6.33g (39.56%), Carbohydrates: 53.16g (17.72%), Net Carbohydrates: 48.91g (17.79%), Sugar: 4.74g (5.27%), Cholesterol: 26.45mg (8.82%), Sodium: 2133.98mg (92.78%), Alcohol: 0.77g (100%), Alcohol %: 0.44% (100%), Protein: 15.01g (30.02%), Copper: 1.98mg (98.91%), Selenium: 44.75µg (63.93%), Manganese: 0.86mg (42.93%), Phosphorus: 301.18mg (30.12%), Calcium: 206.69mg (20.67%), Vitamin B5: 2.03mg (20.31%), Vitamin B3: 3.76mg (18.8%), Vitamin B6: 0.37mg (18.65%), Fiber: 4.24g (16.97%), Vitamin B2: 0.28mg (16.7%), Magnesium: 59.3mg (14.82%), Zinc: 2.19mg (14.58%), Potassium: 446.92mg (12.77%), Iron: 1.49mg (8.26%), Folate: 30.13µg (7.53%), Vitamin E: 1mg (6.64%), Vitamin A: 331.46IU (6.63%), Vitamin B1: 0.09mg (6.18%), Vitamin D: 0.67µg (4.49%), Vitamin K: 4.45µg (4.24%), Vitamin B12: 0.19µg (3.23%), Vitamin C: 1.86mg (2.26%)