



WHATSheATE



Chanterelle Bucatini alla Boscaiola



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce chanterelles trimmed
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 2 clove garlic cloves minced peeled
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup pecorino romano cheese freshly grated for serving
- ☐ 1 pinch freshly cracked pepper black

☐ 1 cup tomato purée

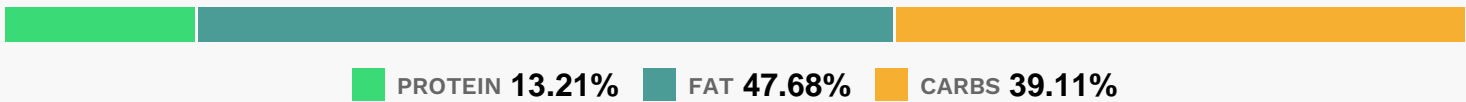
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Place the extra-virgin olive oil and garlic in a large, deep frying pan over medium-low heat. Cook the garlic, stirring occasionally, for 3 to 4 minutes, or until fragrant but not browned.
- ☐ Add the mushrooms and rosemary. Raise the heat to medium-high and cook the mushrooms without turning them for about 2 minutes, or until they are browned on the underside. Toss and then cook them for another 2 minutes or so before tossing them again. Continue to cook the mushrooms in this way for about 15 minutes total, or until they are golden brown.Stir in the tomato puree and reduce the heat to medium-low.
- ☐ Add the salt, season with a pinch of pepper, and stir in the parsley. Turn off the heat and cover the pan to keep the sauce warm.
- ☐ Add the pasta to the boiling water, stir to separate the noodles, and cook according to the manufacturer’s instructions until al dente.
- ☐ Drain the pasta in a colander set in the sink, reserving about 1 cup of the cooking water.
- ☐ Transfer the pasta to the frying pan and gently toss the pasta and sauce to combine thoroughly, adding a splash or two of the cooking water if necessary to loosen the sauce.
- ☐ Transfer the dressed pasta to warmed shallow individual bowls and sprinkle with the cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:10.102174028106%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 95.06kcal (4.75%), Fat: 5.23g (8.04%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 5.89g (2.14%), Sugar: 3.03g (3.37%), Cholesterol: 4.33mg (1.44%), Sodium: 457.23mg (19.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin D: 4.03µg (26.85%), Copper: 0.4mg (19.9%), Iron: 3.52mg (19.54%), Vitamin B3: 3.75mg (18.74%), Potassium: 585.96mg (16.74%), Manganese: 0.31mg (15.6%), Fiber: 3.75g (15.01%), Vitamin K: 14.72µg (14.02%), Vitamin B2: 0.21mg (12.63%), Vitamin B5: 1.03mg (10.31%), Phosphorus: 94.18mg (9.42%), Vitamin E: 1.39mg (9.29%), Vitamin C: 5.83mg (7.07%), Calcium: 66.67mg (6.67%), Vitamin A: 296.82IU (5.94%), Magnesium: 22.22mg (5.55%), Zinc: 0.82mg (5.48%), Vitamin B6: 0.1mg (5.25%), Selenium: 2.72µg (3.88%), Folate: 7.67µg (1.92%), Vitamin B1: 0.03mg (1.76%)