



Creamy Fettuccine with Porcini Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 ounce porcini mushrooms dried
- 12 ounces fettuccine barilla uncooked
- 2 tablespoons chives fresh cut (1-inch)
- 6 tablespoons parmigiano-reggiano cheese grated
- 0.8 teaspoon salt
- 0.5 cup water boiling
- 0.5 cup whipping cream

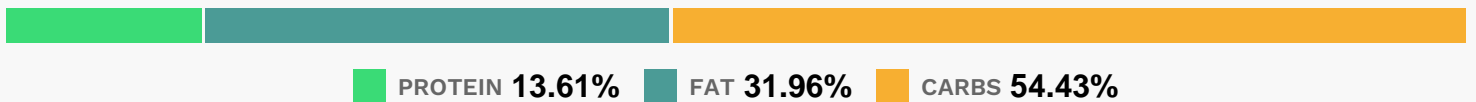
Equipment

- bowl
- frying pan
- sauce pan
- sieve
- colander

Directions

- Combine 1/2 cup boiling water and mushrooms in a small bowl; cover and let stand 30 minutes or until soft.
- Drain through a sieve over a bowl, reserving soaking liquid. Finely chop mushrooms.
- Cook pasta according to package directions, omitting salt and fat.
- Drain in a colander over a bowl, reserving 1/4 cup pasta water.
- Combine mushrooms and cream in a medium saucepan over medium heat; bring to a simmer. Stir in salt, pepper, and reserved mushroom soaking liquid; simmer 5 minutes or until slightly thickened.
- Add pasta and reserved 1/4 cup pasta water to pan; toss well to coat.
- Sprinkle with cheese and chives.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:17.02, Inflammation Score:-4, Nutrition Score:10.301739210668%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 308.76kcal (15.44%), Fat: 10.99g (16.91%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 40.07g (14.57%), Sugar: 1.73g (1.92%), Cholesterol: 73.44mg (24.48%), Sodium: 389.23mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.07%), Selenium: 46.96µg (67.08%), Manganese: 0.51mg (25.75%), Phosphorus: 187.03mg (18.7%), Copper: 0.24mg (11.96%), Magnesium: 38.8mg (9.7%), Calcium: 94.33mg (9.43%), Zinc: 1.37mg (9.16%), Vitamin B5: 0.85mg (8.53%), Fiber: 2.05g (8.21%), Vitamin A: 409.74IU (8.19%), Vitamin B6: 0.15mg (7.35%), Vitamin B2: 0.12mg (7.13%), Vitamin B1: 0.11mg (7.11%), Vitamin B3: 1.39mg (6.95%), Iron: 1.18mg (6.58%), Potassium: 184.03mg (5.26%), Folate: 20.58µg (5.14%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.56µg (3.72%), Vitamin K: 3.27µg (3.11%), Vitamin E: 0.41mg (2.71%)