



WHATSheATE



Creamy Mushroom Fettuccine



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounces pre cremini mushrooms
- ☐ 9 ounce fettuccine barilla fresh refrigerated
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup half-and-half
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup white wine

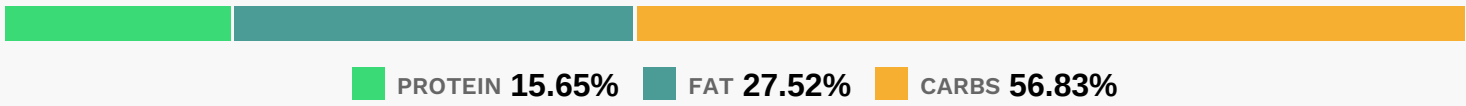
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion, mushrooms, garlic, 1/4 teaspoon salt, and pepper; saut 10 minutes or until mushrooms are browned and have released their liquid.
- ☐ Add wine and thyme; cook 2 minutes or until liquid evaporates, stirring occasionally.
- ☐ Remove pan from heat.
- ☐ Add hot cooked pasta, remaining 1/2 teaspoon salt, half-and-half, and Parmesan cheese to pan, tossing to combine.
- ☐ Sprinkle with chopped parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:19.82, Inflammation Score:-8, Nutrition Score:22.265652086424%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 383.42kcal (19.17%), Fat: 11.58g (17.82%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 50.6g (18.4%), Sugar: 5g (5.56%), Cholesterol: 68.42mg (22.81%), Sodium: 577.15mg (25.09%), Alcohol: 1.54g (100%), Alcohol %: 0.85% (100%), Protein: 14.82g (29.64%), Selenium: 75.09µg (107.27%), Vitamin K: 64.8µg (61.71%), Manganese: 0.77mg (38.39%), Phosphorus: 341.59mg (34.16%), Vitamin B2: 0.57mg (33.48%), Copper: 0.64mg (32.13%), Vitamin B3: 4.73mg (23.65%), Vitamin B5: 2.03mg (20.32%), Potassium: 653.81mg (18.68%), Zinc: 2.57mg (17.14%), Calcium: 160.73mg (16.07%), Vitamin B6: 0.31mg (15.39%), Vitamin B1: 0.22mg (14.49%), Magnesium: 57.2mg (14.3%), Fiber: 3.21g (12.85%), Folate: 51.05µg (12.76%), Iron: 2.08mg (11.57%), Vitamin A: 536.32IU (10.73%), Vitamin C: 8.01mg (9.71%), Vitamin B12: 0.4µg (6.71%), Vitamin E: 0.87mg (5.82%), Vitamin D: 0.31µg (2.05%)