



Creamy Mushroom & Herb Spaghetti (vegan)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small handful porcini mushrooms dried
- ☐ 3 basil leaves fresh
- ☐ 2 cloves garlic crushed
- ☐ 4 servings grinding of pepper black good
- ☐ 4 large portabello mushrooms
- ☐ 1 tbsp rapeseed oil cold pressed

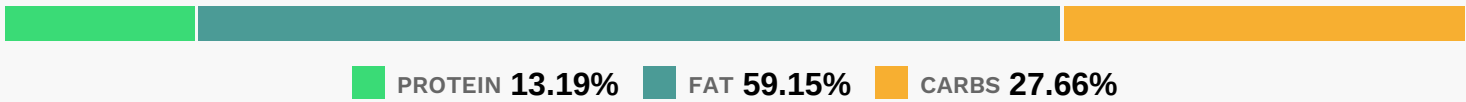
Equipment

- ☐ blender

Directions

- ☐ Soak the dried mushrooms in enough boiling water to cover them and set aside.
- ☐ Cook spaghetti according to packet instructions.
- ☐ Saute the portobello mushrooms in the rapeseed oil and garlic until browned and juicy. Season with black pepper while they are cooking.
- ☐ Drain and rinse the re-hydrated mushrooms.
- ☐ Add to a blender along with half the mushrooms, the soya yoghurt and a few basil leaves. Whizz until smooth. If the sauce is too thick, thin with a little soy milk or other dairy free milk.
- ☐ Drain the pasta and coat in the sauce,
- ☐ Serve the pasta immediately and top with the remaining mushrooms and herbs.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:5.8426087032194%

Flavonoids

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: 52.72kcal (2.64%), Fat: 3.81g (5.86%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 2.83g (1.03%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 7.88mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Selenium: 15.96µg (22.8%), Vitamin B3: 3.82mg (19.12%), Copper: 0.26mg (13.01%), Vitamin B5: 1.02mg (10.23%), Phosphorus: 94.08mg (9.41%), Potassium: 317.82mg (9.08%), Vitamin B6: 0.15mg (7.3%), Vitamin B2: 0.11mg (6.73%), Folate: 24.19µg (6.05%), Manganese: 0.1mg (5.11%), Fiber: 1.18g (4.73%), Vitamin E: 0.63mg (4.23%), Vitamin K: 3.93µg (3.74%), Vitamin B1: 0.05mg (3.57%), Zinc: 0.49mg (3.24%), Vitamin D: 0.26µg (1.75%), Iron: 0.31mg (1.72%)