



Creamy Mushroom Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 1.5 teaspoons chives fresh chopped
- ☐ 0.3 pound mushroom caps fresh stemmed sliced
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons olive oil

- ☐ 9 tablespoons freshly parmigiano-reggiano cheese shredded divided
- ☐ 8 ounces fettuccine pasta
- ☐ 2 fluid ounces cooking sherry
- ☐ 0.8 pound mushrooms fresh white sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat olive oil in a large skillet over medium heat. Cook and stir white and shiitake mushrooms in the hot oil with a pinch of salt until the juice from the mushrooms evaporates and the mushrooms are browned, about 10 minutes.
- ☐ Stir garlic into mushrooms and cook for 1 minute; pour in sherry and cook until wine is nearly evaporated.
- ☐ Mix chicken stock into mushroom mixture; season with salt and black pepper. Bring to a simmer, reduce heat, and cook until slightly thickened, about 5 minutes.
- ☐ Pour cream into mushroom mixture, stir to combine, and simmer for 5 minutes.
- ☐ Mixture will foam and thicken slightly.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Stir in the fettuccine, bring back to a boil, and cook pasta over medium heat until cooked through but still firm to the bite, about 8 minutes.
- ☐ Drain but do not rinse pasta; transfer to a large serving bowl and keep warm.
- ☐ Stir thyme, chives, and tarragon into mushroom sauce and turn off heat; mix 1/2 cup Parmigiano-Reggiano cheese into sauce until cheese has melted.
- ☐ Pour all the mushroom sauce and half the mushrooms over pasta, reserving about half the mushrooms in the skillet. Toss pasta in sauce until coated; top with remaining mushrooms and remaining 1 tablespoon Parmigiano-Reggiano cheese for garnish.

Nutrition Facts



Properties

Glycemic Index:61.67, Glycemic Load:12.4, Inflammation Score:-7, Nutrition Score:13.226087020791%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 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: 390.93kcal (19.55%), Fat: 22.31g (34.33%), Saturated Fat: 11.27g (70.46%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 32.76g (11.91%), Sugar: 4.54g (5.05%), Cholesterol: 51.12mg (17.04%), Sodium: 196mg (8.52%), Alcohol: 1.02g (100%), Alcohol %: 0.59% (100%), Protein: 12.15g (24.3%), Selenium: 34.18µg (48.83%), Vitamin B2: 0.44mg (25.72%), Manganese: 0.51mg (25.45%), Phosphorus: 232.93mg (23.29%), Vitamin B3: 4.17mg (20.87%), Copper: 0.36mg (17.8%), Vitamin B5: 1.45mg (14.45%), Vitamin A: 699.15IU (13.98%), Calcium: 137.33mg (13.73%), Potassium: 439.9mg (12.57%), Vitamin B6: 0.24mg (12.24%), Magnesium: 40.64mg (10.16%), Fiber: 2.41g (9.63%), Zinc: 1.43mg (9.56%), Iron: 1.37mg (7.61%), Vitamin B1: 0.11mg (7.46%), Vitamin E: 1.12mg (7.43%), Folate: 25.01µg (6.25%), Vitamin D: 0.86µg (5.74%), Vitamin K: 5.08µg (4.83%), Vitamin C: 3.02mg (3.66%), Vitamin B12: 0.18µg (2.94%)