



Creamy mushroom spaghetti

READY IN



25 min.

SERVINGS



4

CALORIES



622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta like spaghetti
- ☐ 6 rashers streaky bacon cut into strips
- ☐ 250 g button mushroom sliced
- ☐ 200 g baby spinach
- ☐ 100 g creamy cheese blue crumbled

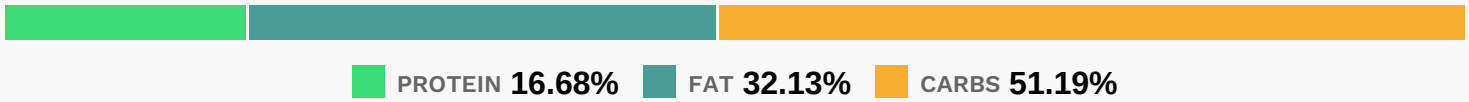
Equipment

- ☐ frying pan

Directions

- ☐ Bring a large pan of water to the boil, then cook the spaghetti according to pack instructions.
- ☐ Meanwhile, fry the bacon in a large frying pan for 5 mins, until starting to crisp. Tip in the mushrooms, then fry for 3 mins until cooked.
- ☐ Drain the pasta and tip into the frying pan along with the spinach and cheese. Toss everything together over a low heat until the spinach has wilted and the cheese melted.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:30.86, Inflammation Score:-10, Nutrition Score:33.033478477727%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 622.11kcal (31.11%), Fat: 22.19g (34.14%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 79.53g (26.51%), Net Carbohydrates: 74.6g (27.13%), Sugar: 4.24g (4.71%), Cholesterol: 40.53mg (13.51%), Sodium: 554.59mg (24.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.83%), Vitamin K: 242.2µg (230.67%), Selenium: 79.77µg (113.96%), Vitamin A: 4891.46IU (97.83%), Manganese: 1.4mg (70.04%), Phosphorus: 411.52mg (41.15%), Folate: 134.63µg (33.66%), Vitamin B2: 0.53mg (31.06%), Vitamin B3: 5.9mg (29.5%), Copper: 0.58mg (28.83%), Magnesium: 107.83mg (26.96%), Potassium: 830.09mg (23.72%), Vitamin B6: 0.43mg (21.69%), Calcium: 206.02mg (20.6%), Zinc: 3.05mg (20.36%), Vitamin B5: 2.01mg (20.15%), Fiber: 4.93g (19.7%), Vitamin C: 15.36mg (18.62%), Vitamin B1: 0.28mg (18.53%), Iron: 3.18mg (17.67%), Vitamin E: 1.34mg (8.9%), Vitamin B12: 0.5µg (8.25%), Vitamin D: 0.38µg (2.55%)