



Creamy Shiitake Alfredo

READY IN



50 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving coarse mustard
- 0.8 pound rotini pasta
- 2 tablespoons butter unsalted
- 3 small shallots thinly sliced
- 3 garlic clove minced
- 1 pound mushroom caps stemmed thinly sliced
- 2 tablespoons thyme sprigs fresh chopped
- 0.5 cup sauvignon blanc white wine dry white such as sauvignon blanc
- 0.8 cup cup heavy whipping cream

1 serving parmesan grated for serving

Equipment

frying pan

pot

Directions

In a large pot of boiling salted water, cook pasta according to package instructions.

Drain.

Meanwhile, in a large skillet, melt butter over medium-high.

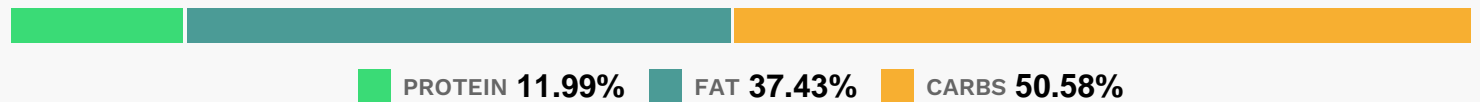
Add shallots and garlic and cook, stirring, until shallots are translucent, about 5 minutes.

Add mushrooms and thyme and cook until mushrooms are tender, about 2 minutes.

Add wine and cook until liquid is reduced by half, about 2 minutes. Reduce heat to low, stir in cream, and cook until warmed (do not let boil). Season with salt and pepper.

Add pasta to skillet, toss to combine, and top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:28.29, Inflammation Score:-10, Nutrition Score:22.032608643822%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 630.45kcal (31.52%), Fat: 25.7g (39.53%), Saturated Fat: 15.35g (95.94%), Carbohydrates: 78.14g (26.05%), Net Carbohydrates: 71.39g (25.96%), Sugar: 7.85g (8.73%), Cholesterol: 70.58mg (23.53%), Sodium: 164.98mg (7.17%), Alcohol: 3.1g (100%), Alcohol %: 1.25% (100%), Protein: 18.52g (37.04%), Selenium: 64.28µg (91.83%), Manganese: 1.2mg (60.03%), Phosphorus: 387.11mg (38.71%), Vitamin B3: 6.02mg (30.09%), Vitamin B6: 0.58mg (29.07%), Fiber: 6.75g (26.99%), Vitamin B2: 0.43mg (25.4%), Vitamin B5: 2.31mg (23.09%), Copper:

0.46mg (22.94%), Magnesium: 85.02mg (21.25%), Vitamin A: 1057.62IU (21.15%), Potassium: 680.2mg (19.43%), Zinc: 2.86mg (19.06%), Calcium: 166.03mg (16.6%), Iron: 2.57mg (14.29%), Folate: 40.68µg (10.17%), Vitamin C: 8.08mg (9.79%), Vitamin D: 1.31µg (8.73%), Vitamin B1: 0.13mg (8.37%), Vitamin E: 0.7mg (4.64%), Vitamin B12: 0.17µg (2.89%), Vitamin K: 2.34µg (2.23%)