



Creamy Vodka Bowties with Mushrooms

READY IN



35 min.

SERVINGS



7

CALORIES



368 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 ounce baby bella white sliced
- ☐ 16 ounce farfalle pasta cooked drained
- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce creamy vodka sauce prego®

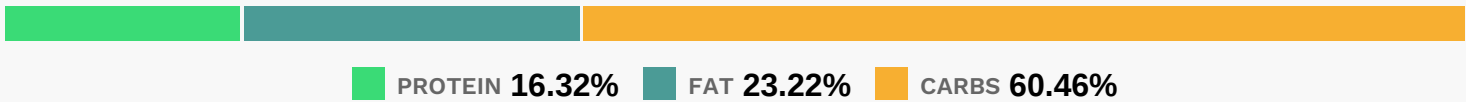
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a 10-inch skillet over medium heat.
- ☐ Add the garlic, mushrooms and salt and cook until the mushrooms are tender, stirring occasionally.
- ☐ Stir the sauce in the skillet and cook until the mixture is hot and bubbling.
- ☐ Add the farfalle and cheese and toss to coat.
- ☐ Sprinkle with the basil.

Nutrition Facts



Properties

Glycemic Index:27.93, Glycemic Load:9.45, Inflammation Score:-4, Nutrition Score:5.679565222367%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 368.1kcal (18.4%), Fat: 3.72g (5.72%), Saturated Fat: 0.96g (6%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 20.27g (7.37%), Sugar: 1.02g (1.13%), Cholesterol: 3.11mg (1.04%), Sodium: 232.04mg (10.09%), Alcohol: 32.46g (100%), Alcohol %: 20.42% (100%), Protein: 5.88g (11.76%), Selenium: 21.49µg (30.7%), Manganese: 0.25mg (12.25%), Vitamin B2: 0.16mg (9.62%), Phosphorus: 94.42mg (9.44%), Copper: 0.18mg (9.14%), Vitamin B3: 1.44mg (7.2%), Fiber: 1.51g (6.05%), Iron: 1.05mg (5.85%), Vitamin B5: 0.57mg (5.75%), Zinc: 0.67mg (4.44%), Potassium: 143.42mg (4.1%), Magnesium: 16.23mg (4.06%), Vitamin B6: 0.08mg (3.97%), Calcium: 39.26mg (3.93%), Vitamin B1: 0.05mg (3.12%), Folate: 10.48µg (2.62%), Vitamin K: 2.46µg (2.35%), Vitamin E: 0.35mg (2.34%), Vitamin C: 1mg (1.21%), Vitamin B12: 0.06µg (1.02%)