

Dinner Tonight: Cremini Mushrooms with Pureed Chives and Pasta

READY IN



45 min.

SERVINGS



2

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound angel hair pasta
- ☐ 0.5 pound mushrooms
- ☐ 0.5 cup chives chopped
- ☐ 5 tablespoons olive oil
- ☐ 2 servings pecorino cheese
- ☐ 2 servings salt and pepper

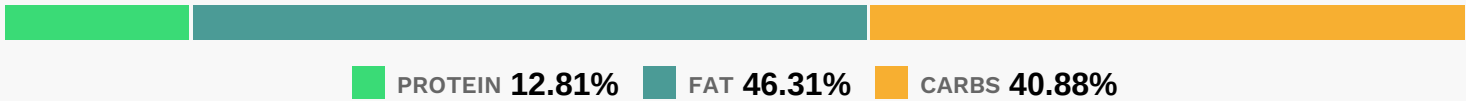
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan or grill to high heat. Dump the mushrooms into a large bowl.
- ☐ Pour in 2 tablespoons of olive oil, and toss until coated. Set the mushrooms on the grill pan and cook for about 8 minutes, turning once. When done and slightly cooled, cut into quarters.
- ☐ Pour the rest of the olive oil into a food processor along with the chives and a pinch of salt and pepper. Process until smooth.
- ☐ Meanwhile, bring a large pot of water to a boil. Cook the pasta according the instructions on the box. When done, save a 1/2 cup of pasta water and drain the pasta. In a large bowl mix the pasta with the chive oil and mushrooms.
- ☐ Add some pasta water if it is too dry. Season with salt if needed, and sprinkle with grated pecorino Romano.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:35.24, Inflammation Score:-7, Nutrition Score:26.943043428919%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 874.15kcal (43.71%), Fat: 45.25g (69.62%), Saturated Fat: 10.35g (64.69%), Carbohydrates: 89.9g (29.97%), Net Carbohydrates: 84.88g (30.87%), Sugar: 5.68g (6.31%), Cholesterol: 31.2mg (10.4%), Sodium: 567.26mg (24.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Selenium: 86.65µg

(123.79%), Manganese: 1.14mg (56.85%), Phosphorus: 545.64mg (54.56%), Vitamin K: 43.14µg (41.09%), Vitamin B2: 0.65mg (38.02%), Copper: 0.71mg (35.66%), Calcium: 356.09mg (35.61%), Vitamin E: 5.27mg (35.11%), Vitamin B3: 6.11mg (30.55%), Vitamin B5: 2.35mg (23.46%), Magnesium: 86.81mg (21.7%), Zinc: 3.02mg (20.13%), Fiber: 5.01g (20.05%), Potassium: 669.27mg (19.12%), Vitamin B6: 0.32mg (15.91%), Iron: 2.63mg (14.61%), Vitamin B1: 0.21mg (14.19%), Folate: 52.29µg (13.07%), Vitamin A: 559.8IU (11.2%), Vitamin C: 8.19mg (9.93%), Vitamin B12: 0.38µg (6.36%), Vitamin D: 0.38µg (2.51%)