



Egg Noodles in Cream Sauce with Asiago

READY IN



23 min.

SERVINGS



4

CALORIES



887 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup asiago cheese grated
- ☐ 1 tablespoon chicken soup base
- ☐ 0.3 cup chicken broth dry white
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.8 cup peas sweet frozen
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces mushroom caps sliced

- ☐ 3 quart water
- ☐ 2.5 cups whipping cream
- ☐ 8 oz wide egg noodles

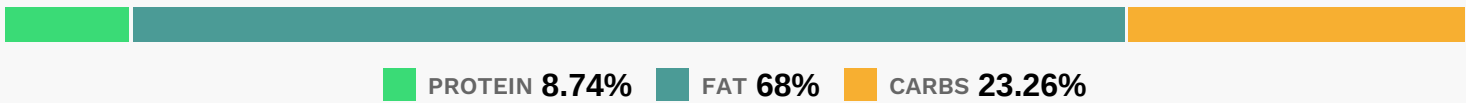
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine water and chicken bouillon granules in a Dutch oven; bring to a boil.
- ☐ Add noodles, and cook according to package directions.
- ☐ Drain and return to Dutch oven.
- ☐ Meanwhile, combine whipping cream, wine, and salt in a large saucepan; cook over medium-high heat 5 minutes or until reduced to 2 cups.
- ☐ Saut mushrooms and peas in hot olive oil in a large skillet over medium-high heat 5 minutes or until mushrooms are tender.
- ☐ Pour cream mixture over noodles; toss to coat. To serve, divide noodle mixture evenly among 4 serving plates. For plain servings, top 2 portions with Parmesan cheese. For grown-up servings, top remaining 2 portions with mushroom mixture, Asiago cheese, and white pepper. Stir gently to blend.
- ☐ MENU IDEA FOR 4 * Egg Noodles in Cream Sauce with Asiago * Spinach salad
- ☐ GROCERIES NEEDED Check staples: chicken bouillon granules, salt, olive oil, grated Parmesan cheese, white pepper, salad dressing * 1 (8-oz.) package wide egg noodles * 1 qt. whipping cream * 1 bottle dry white wine or 1 (14-oz.) can chicken broth * 4 oz. shiitake mushrooms * 1 package frozen sweet peas * 1/2 cup grated Asiago cheese * 1 (12-oz.) package fresh spinach

Nutrition Facts



Properties

Glycemic Index:40.58, Glycemic Load:18.56, Inflammation Score:-9, Nutrition Score:21.893043103425%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 887.28kcal (44.36%), Fat: 67.22g (103.41%), Saturated Fat: 38.16g (238.47%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 47.57g (17.3%), Sugar: 8.09g (8.99%), Cholesterol: 225.46mg (75.15%), Sodium: 903.61mg (39.29%), Alcohol: 1.54g (100%), Alcohol %: 0.19% (100%), Protein: 19.43g (38.86%), Selenium: 54.87µg (78.38%), Vitamin A: 2538.23IU (50.76%), Phosphorus: 383.7mg (38.37%), Manganese: 0.69mg (34.6%), Calcium: 310mg (31%), Vitamin B2: 0.48mg (28.33%), Copper: 0.39mg (19.64%), Magnesium: 73.29mg (18.32%), Vitamin D: 2.73µg (18.21%), Vitamin E: 2.66mg (17.74%), Zinc: 2.56mg (17.1%), Fiber: 4.16g (16.65%), Vitamin B6: 0.32mg (16.24%), Vitamin K: 16.29µg (15.52%), Vitamin B3: 3.04mg (15.18%), Vitamin C: 11.81mg (14.31%), Vitamin B5: 1.42mg (14.25%), Vitamin B1: 0.21mg (14%), Potassium: 460.71mg (13.16%), Folate: 45.26µg (11.32%), Iron: 1.96mg (10.91%), Vitamin B12: 0.57µg (9.55%)