



## Farfalle with Creamy Wild Mushroom Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 pound farfalle pasta uncooked (bow tie pasta)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 12 ounces pre exotic mushroom blend
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces parmigiano-reggiano cheese fresh grated

- ☐ 1.5 teaspoons salt divided
- ☐ 0.3 cup shallots finely chopped
- ☐ 0.7 cup whipping cream

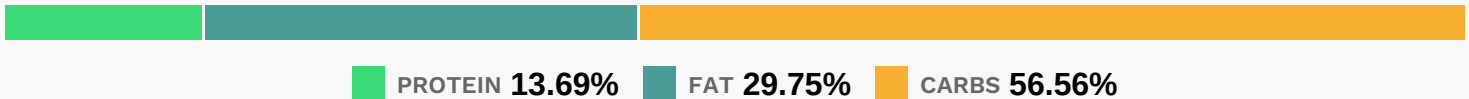
## Equipment

- ☐ frying pan

## Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Melt the butter in a large nonstick skillet over medium-high heat.
- ☐ Add the mushrooms, onion, shallots, garlic, 1 teaspoon salt, and pepper; cook 12 minutes or until liquid evaporates and mushrooms are tender, stirring occasionally.
- ☐ Add wine; cook 2 minutes or until liquid evaporates, stirring occasionally.
- ☐ Remove from heat.
- ☐ Add the cooked pasta, whipping cream, cheese, and 2 tablespoons parsley, tossing gently to coat. Stir in remaining 1/2 teaspoon salt.
- ☐ Garnish with minced fresh parsley, if desired.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:39.63, Glycemic Load:18.41, Inflammation Score:-6, Nutrition Score:12.680869631145%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.17mg, Myricetin: 0.17mg

0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 351.83kcal (17.59%), Fat: 11.51g (17.71%), Saturated Fat: 6.79g (42.44%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 45.8g (16.66%), Sugar: 4.45g (4.95%), Cholesterol: 30.99mg (10.33%), Sodium: 576.1mg (25.05%), Alcohol: 0.77g (100%), Alcohol %: 0.62% (100%), Protein: 11.92g (23.84%), Selenium: 40.79µg (58.27%), Manganese: 0.7mg (34.86%), Phosphorus: 228.27mg (22.83%), Vitamin K: 17.6µg (16.76%), Vitamin B6: 0.28mg (14.09%), Fiber: 3.43g (13.73%), Vitamin B3: 2.71mg (13.53%), Copper: 0.25mg (12.36%), Calcium: 120.54mg (12.05%), Magnesium: 47.79mg (11.95%), Vitamin B2: 0.2mg (11.51%), Zinc: 1.57mg (10.47%), Vitamin B5: 1.02mg (10.22%), Potassium: 344.82mg (9.85%), Vitamin A: 475.9IU (9.52%), Iron: 1.24mg (6.88%), Folate: 23.96µg (5.99%), Vitamin B1: 0.08mg (5.2%), Vitamin C: 3.29mg (3.99%), Vitamin D: 0.52µg (3.49%), Vitamin E: 0.32mg (2.11%), Vitamin B12: 0.12µg (2%)