



HEALTH SCORE

55%

Farfalle with Wild-Mushroom Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2.5 teaspoons bottled garlic minced
- ☐ 4 cups farfalle pasta hot cooked uncooked 8 ounces bow tie pasta
- ☐ 1 pound cremini mushrooms sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup white wine dry
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 4 teaspoons chives fresh chopped
- ☐ 3.5 ounces oyster mushroom caps sliced

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 2 ounces parmesan cheese fresh shredded finely
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound shiitake mushroom caps thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Add mushrooms, thyme, salt, and pepper; saut 5 minutes. Stir in broth, vermouth, and garlic; reduce heat to medium-low, and cook 5 minutes.
- ☐ Combine the mushroom mixture and the pasta in a large bowl, and toss well.
- ☐ Sprinkle each serving with cheese and chopped chives.

Nutrition Facts



Properties

Glycemic Index:64.13, Glycemic Load:16.61, Inflammation Score:-7, Nutrition Score:23.789130470027%

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: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg 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 Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Myricetin: 0.06mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 337.12kcal (16.86%), Fat: 8.76g (13.48%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 42.51g (15.46%), Sugar: 6.22g (6.91%), Cholesterol: 9.64mg (3.21%), Sodium: 566.97mg (24.65%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 16.9g (33.79%), Selenium: 65.35µg (93.36%), Vitamin B2: 0.86mg (50.59%), Copper: 0.85mg (42.64%), Vitamin B3: 8.52mg (42.61%), Phosphorus: 412.15mg (41.22%), Manganese: 0.8mg (40.1%), Vitamin B5: 3.18mg (31.82%), Potassium: 942.16mg (26.92%), Vitamin B6: 0.48mg (24.2%), Calcium: 218.92mg (21.89%), Fiber: 5.36g (21.42%), Zinc: 3.08mg (20.55%), Iron: 2.89mg (16.03%), Folate: 63.02µg (15.76%), Magnesium: 58.3mg (14.58%), Vitamin B1: 0.2mg (13.55%), Vitamin K: 7µg (6.66%), Vitamin B12: 0.37µg (6.14%), Vitamin C: 4.58mg (5.55%), Vitamin E: 0.63mg (4.21%), Vitamin D: 0.58µg (3.9%), Vitamin A: 172.31IU (3.45%)