



Fettuccine No-Fredo with Broccoli and Sautéed Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings pepper black freshly ground
- 1 head broccoli cut into florets
- 1 large head cauliflower chopped
- 1 pinch ground pepper
- 1 teaspoon basil dried
- 1 pound fettuccine barilla
- 2 cloves garlic minced

- 1 pinch nutmeg
- 1.5 tablespoon nutritional yeast
- 0.5 teaspoon oregano dried
- 2 large portabello mushrooms sliced
- 0.1 cup cooking wine (I used white, but red will do)
- 8 servings salt to taste
- 4 cups cauliflower (use less if your cauliflower is small)

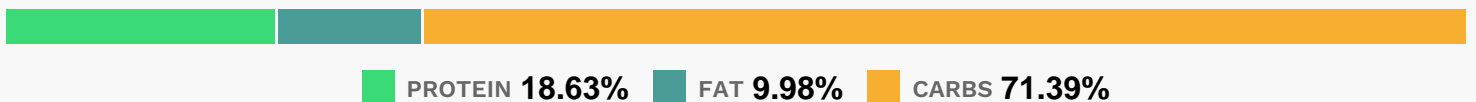
Equipment

- frying pan
- pot
- kitchen timer

Directions

- Heat a non-stick skillet brushed or sprayed with a little olive oil.
- Add the 2 cloves garlic and mushrooms, and cook, stirring, until the mushrooms begin to exude their juices. You can prevent them from drying out by keeping the skillet covered between stirrings. When the mushrooms get juicy, add the wine and salt to taste. Cook just until the wine is absorbed and then set aside, covered, until ready to serve. Pasta: Bring a large pot of water to a boil, add the fettuccine and salt, if desired, and set a timer for 3 minutes less than the amount of time indicated on the package. When the timer goes off, add the broccoli and cook for three minutes, or until the pasta is al dente. (For my fettuccine, this meant I cooked it for 9 minutes, added the broccoli, and cooked it for 3 more.)
- Drain the pasta and broccoli and return it to the pan. Stir in the cauliflower sauce and serve topped with sautéed mushrooms.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:19.54, Inflammation Score:-8, Nutrition Score:27.921739215436%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 6.52mg, Kaempferol: 6.52mg, Kaempferol: 6.52mg, Kaempferol: 6.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 298.01kcal (14.9%), Fat: 3.43g (5.28%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 55.19g (18.4%), Net Carbohydrates: 47.44g (17.25%), Sugar: 5.93g (6.58%), Cholesterol: 47.63mg (15.88%), Sodium: 279.65mg (12.16%), Alcohol: 0.39g (100%), Alcohol %: 0.16% (100%), Protein: 14.4g (28.81%), Vitamin C: 142.75mg (173.03%), Vitamin K: 104.94µg (99.94%), Selenium: 51.55µg (73.64%), Manganese: 0.95mg (47.6%), Folate: 159.42µg (39.86%), Fiber: 7.74g (30.97%), Vitamin B6: 0.59mg (29.34%), Phosphorus: 280.57mg (28.06%), Potassium: 960.16mg (27.43%), Vitamin B5: 2.24mg (22.35%), Magnesium: 74.35mg (18.59%), Vitamin B3: 3.43mg (17.17%), Copper: 0.33mg (16.74%), Vitamin B1: 0.24mg (16.19%), Vitamin B2: 0.26mg (15.56%), Iron: 2.63mg (14.63%), Zinc: 1.96mg (13.07%), Vitamin A: 517.63IU (10.35%), Calcium: 97.56mg (9.76%), Vitamin E: 0.97mg (6.48%), Vitamin B12: 0.17µg (2.92%), Vitamin D: 0.23µg (1.55%)