



WHATSheATE



Fettuccine with Mushrooms, Tarragon, and Goat-Cheese Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



644 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.8 pound fettuccine barilla
- ☐ 2 tablespoons tarragon dried fresh chopped
- ☐ 0.5 pound mild goat cheese
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.3 cup milk
- ☐ 1 pound mushrooms cut into thin slices
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons scallion tops fresh chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large frying pan, melt the butter with 1 tablespoon of the oil over high heat.
- ☐ Add the mushrooms, 1/2 teaspoon of the salt, the pepper, and the dried tarragon, if using, and cook, stirring, for 3 minutes. Reduce the heat to moderately high and continue cooking, stirring occasionally, until the mushrooms are golden brown and no liquid remains in the pan, about 5 minutes.
- ☐ In a small bowl, combine the goat cheese, Parmesan, milk, and 1/4 teaspoon of the salt. Stir until smooth.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the fettuccine until just done, about 12 minutes. Reserve 1 1/2 cups of the pasta-cooking water and drain.
- ☐ Whisk 1 cup of the pasta-cooking water into the goat-cheese mixture. Toss the pasta with the mushrooms, the goat-cheese sauce, the remaining 1/4 teaspoon salt and 1 tablespoon olive oil, the fresh tarragon, if using, and the chives. If the pasta seems dry, add more of the reserved pasta-cooking water.
- ☐ Serve with additional Parmesan.
- ☐ Variation: Use fresh basil instead of or in addition to the tarragon and chives in the recipe.
- ☐ Wine Recommendation: Dolcetto, while beloved in Piedmont, is less appreciated in the United States. Yet its light tannins, cherry fruit, and clean, dry finish are just the ticket to balance the full flavor of the cheeses here.

Nutrition Facts



 **PROTEIN 18.73%**  **FAT 39.99%**  **CARBS 41.28%**

Properties

Glycemic Index:84.5, Glycemic Load:27.77, Inflammation Score:-7, Nutrition Score:27.701739083166%

Flavonoids

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: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 644.15kcal (32.21%), Fat: 29.02g (44.65%), Saturated Fat: 13.9g (86.9%), Carbohydrates: 67.43g (22.48%), Net Carbohydrates: 63.17g (22.97%), Sugar: 5.42g (6.03%), Cholesterol: 113.15mg (37.72%), Sodium: 979.66mg (42.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.16%), Selenium: 81.62µg (116.6%), Manganese: 1.14mg (57.08%), Phosphorus: 538.87mg (53.89%), Copper: 1.06mg (52.96%), Vitamin B2: 0.85mg (50.21%), Vitamin B3: 6.49mg (32.47%), Vitamin B5: 2.98mg (29.83%), Calcium: 279.29mg (27.93%), Vitamin B6: 0.55mg (27.51%), Iron: 4.54mg (25.22%), Magnesium: 87.79mg (21.95%), Zinc: 3.21mg (21.39%), Potassium: 733.86mg (20.97%), Vitamin A: 1036.9IU (20.74%), Vitamin B1: 0.3mg (20.07%), Fiber: 4.27g (17.07%), Folate: 62.62µg (15.66%), Vitamin E: 1.55mg (10.33%), Vitamin B12: 0.62µg (10.26%), Vitamin K: 9.51µg (9.05%), Vitamin D: 0.97µg (6.49%), Vitamin C: 5mg (6.06%)