



Fettuccine with Wild Mushroom Sauce



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons butter ()
- ☐ 1.5 ounces porcini mushrooms dried
- ☐ 1 batch freshly egg fettuccine homemade cooked
- ☐ 1.5 pounds mushrooms wild dark fresh such as crimini, portobello (gills scraped out), and stemmed shiitake, thickly sliced assorted
- ☐ 3 garlic cloves crushed
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 tablespoons parsley fresh italian divided chopped
- ☐ 0.5 cup pecorino romano cheese freshly grated plus more for passing

☐ 3 cups water hot

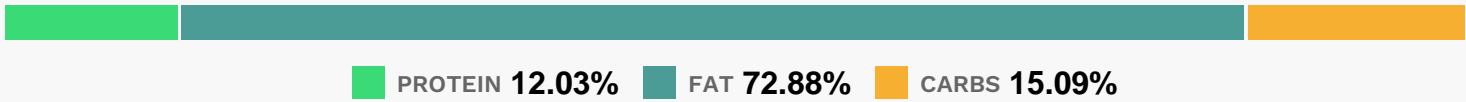
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place porcini in medium bowl; add 3 cups hot water.
- ☐ Let soak until soft, about 30 minutes.
- ☐ Drain mushrooms, reserving soaking liquid.
- ☐ Melt butter with oil in large deep skillet over medium heat.
- ☐ Add garlic; sauté until beginning to brown, about 3 minutes.
- ☐ Add fresh mushrooms; sprinkle with salt and pepper. Cover; cook until tender, stirring often, about 6 minutes.
- ☐ Add drained porcini. Cover; cook 2 minutes. Uncover; sauté 2 minutes longer.
- ☐ Mix in 3 tablespoons parsley; season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover mushroom sauce and soaking liquid separately and refrigerate.
- ☐ Add cooked fettuccine and 1/2 cup cheese to mushroom sauce in skillet. Toss over medium heat until heated, cheese melts, and sauce coats pasta, adding reserved mushroom soaking liquid as needed if dry.
- ☐ Mix in remaining 3 tablespoons parsley. Season to taste with salt and pepper.
- ☐ Transfer to large bowl and serve with more cheese.
- ☐ *Available in the produce section of many supermarkets and at specialty foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:16.905217492062%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 254.6kcal (12.73%), Fat: 21.79g (33.52%), Saturated Fat: 9.9g (61.86%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 8.04g (2.92%), Sugar: 2.55g (2.83%), Cholesterol: 66.05mg (22.02%), Sodium: 215.57mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Vitamin K: 71.02µg (67.64%), Copper: 0.76mg (38.19%), Vitamin B2: 0.62mg (36.5%), Vitamin B5: 3.44mg (34.36%), Vitamin B3: 5.17mg (25.87%), Selenium: 17.63µg (25.19%), Phosphorus: 204.19mg (20.42%), Vitamin A: 761.14IU (15.22%), Potassium: 518.22mg (14.81%), Vitamin B6: 0.23mg (11.42%), Calcium: 112.17mg (11.22%), Folate: 41.41µg (10.35%), Vitamin C: 8.42mg (10.2%), Zinc: 1.53mg (10.18%), Vitamin E: 1.47mg (9.81%), Manganese: 0.17mg (8.59%), Fiber: 2.11g (8.45%), Vitamin B1: 0.13mg (8.42%), Magnesium: 27.7mg (6.92%), Iron: 1.2mg (6.65%), Vitamin D: 0.69µg (4.61%), Vitamin B12: 0.23µg (3.8%)