



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 the following: parmesan rind) dried
- 1 eggs homemade cooked
- 1.5 pounds mushrooms wild dark fresh such as crimini, portobello (gills scraped out), and stemmed shiitake, thickly sliced assorted
- 3 garlic clove crushed
- 3 tablespoons olive oil extra virgin extra-virgin
- 6 tablespoons parsley fresh italian divided chopped
- 0.5 cup pecorino 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: 0g (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%)