



Fettuccine with Wild Mushrooms and Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 2 tablespoons crème fraîche sour
- 2.5 cups cremini mushrooms sliced
- 0.3 cup cooking sherry dry
- 12 ounces fettuccine barilla uncooked
- 1.5 tablespoons parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped

- 4 garlic cloves minced
- 2 cups oyster mushroom caps sliced
- 0.5 cup parmesan cheese fresh shaved
- 0.5 teaspoon salt
- 0.3 cup shallots finely chopped (1 medium)
- 2 cups shiitake mushroom caps thinly sliced
- 1 cup vegetable broth organic (such as Swanson Certified)

Equipment

- bowl
- frying pan

Directions

- Cook pasta according to the package directions, omitting salt and fat.
- Drain, and set aside.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add shallots, mushrooms, and garlic; saut 6 minutes or until the moisture evaporates.
- Add sherry; cook for 2 minutes or until liquid almost evaporates.
- Add broth; reduce heat, and simmer 5 minutes. Stir in parsley and remaining ingredients except cheese.
- Add pasta, tossing to coat. Spoon about 1 1/3 cups pasta mixture into each of 6 shallow bowls; top evenly with cheese.

Nutrition Facts



PROTEIN 17.6% **FAT 23.78%** **CARBS 58.62%**

Properties

Glycemic Index:63.67, Glycemic Load:18.97, Inflammation Score:-8, Nutrition Score:24.096956481104%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 371.49kcal (18.57%), Fat: 9.99g (15.38%), Saturated Fat: 4.9g (30.63%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 49.18g (17.88%), Sugar: 5.69g (6.32%), Cholesterol: 65.69mg (21.9%), Sodium: 552.54mg (24.02%), Alcohol: 1.03g (100%), Alcohol %: 0.41% (100%), Protein: 16.65g (33.3%), Selenium: 61.31µg (87.59%), Vitamin B3: 9.26mg (46.29%), Manganese: 0.89mg (44.5%), Phosphorus: 425.84mg (42.58%), Vitamin B2: 0.68mg (40.16%), Vitamin B5: 3.23mg (32.27%), Copper: 0.64mg (32.13%), Vitamin B6: 0.54mg (26.98%), Potassium: 905.56mg (25.87%), Fiber: 6.25g (25.01%), Zinc: 3.15mg (20.98%), Magnesium: 74.29mg (18.57%), Folate: 70.01µg (17.5%), Vitamin B1: 0.25mg (16.72%), Vitamin K: 17.5µg (16.67%), Iron: 2.99mg (16.64%), Calcium: 145.68mg (14.57%), Vitamin A: 480IU (9.6%), Vitamin D: 1.1µg (7.3%), Vitamin B12: 0.31µg (5.18%), Vitamin C: 3.85mg (4.66%), Vitamin E: 0.37mg (2.46%)