



 **7%**
HEALTH SCORE

Fettuccini with Mushroom, Ham and Rose Sauce

READY IN



30 min.

SERVINGS



8

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 2 teaspoons basil dried
- 2 teaspoons parsley dried
- 1 pound mushrooms fresh sliced
- 3 cloves garlic minced
- 6 slices ham chopped
- 1.5 cups cup heavy whipping cream
- 0.5 cup onion diced finely

- 2 teaspoons oregano dried
- 1 pound soup noodles dry
- 1 cup pasta sauce

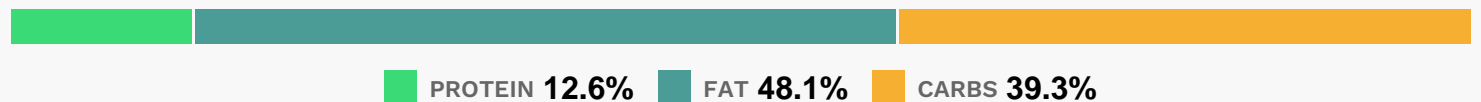
Equipment

- frying pan
- ladle
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large saute pan, melt the butter over medium heat.
- Add the onion and garlic and cook until softened. Stir in the sliced mushrooms and the oregano, basil, and parsley. Cook, stirring occasionally, until the liquid from the mushrooms has evaporated.
- Add the ham pieces and cook for another 4 to 5 minutes.
- Pour in the heavy cream and bring to a boil. Slowly stir in the spaghetti sauce and crushed red pepper blending it into the cream. Cook, stirring occasionally, until the sauce has reduced by a third and is thick.
- Place fettuccini on plates and ladle even portions of sauce over top.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:18.27, Inflammation Score:-8, Nutrition Score:16.200000306834%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 491.45kcal (24.57%), Fat: 26.57g (40.88%), Saturated Fat: 15.38g (96.14%), Carbohydrates: 48.87g (16.29%), Net Carbohydrates: 45.52g (16.55%), Sugar: 5.5g (6.11%), Cholesterol: 78.7mg (26.23%), Sodium: 459.35mg (19.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Selenium: 47.71µg (68.16%), Manganese: 0.67mg (33.32%), Vitamin B2: 0.42mg (24.99%), Phosphorus: 242.87mg (24.29%), Vitamin B3: 4.34mg (21.7%), Copper: 0.42mg (20.88%), Vitamin A: 977.02IU (19.54%), Vitamin B1: 0.25mg (16.52%), Potassium: 534.51mg (15.27%), Vitamin B6: 0.3mg (14.99%), Vitamin B5: 1.43mg (14.31%), Fiber: 3.35g (13.39%), Magnesium: 51.51mg (12.88%), Zinc: 1.83mg (12.17%), Iron: 2mg (11.1%), Vitamin K: 10.63µg (10.13%), Vitamin E: 1.28mg (8.55%), Folate: 29.17µg (7.29%), Calcium: 68.73mg (6.87%), Vitamin D: 0.97µg (6.5%), Vitamin C: 4.74mg (5.74%), Vitamin B12: 0.24µg (4.01%)