



Chop-As-You-Go Pasta with Mushrooms and Ham

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 cup mushrooms sliced
- 1 cup mushrooms sliced
- 4 cups farfalle pasta hot cooked uncooked (3 cups bow tie pasta)
- 4 cups farfalle pasta hot cooked uncooked (3 cups bow tie pasta)
- 3 ounces ham smoked diced
- 0.8 cup wine dry white
- 3 tablespoons flour all-purpose

- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 2 garlic clove crushed
- 0.8 cup milk 2% reduced-fat
- 1.5 teaspoons olive oil
- 1 cup onion chopped
- 0.5 cup peas green frozen thawed
- 0.5 cup bell pepper red chopped
- 0.3 teaspoon salt
- 3.5 ounce mushroom caps sliced

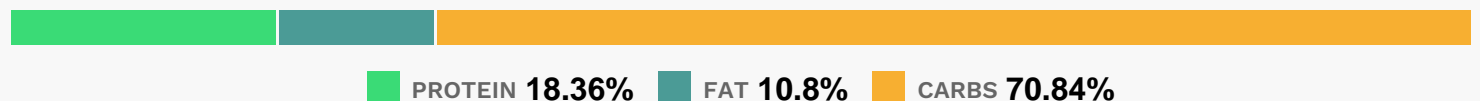
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion, bell pepper, and garlic; cook 10 minutes, stirring frequently. Stir in mushrooms; cook 5 minutes. Stir in wine and ham. Bring to a boil; cook 4 minutes.
- Place flour in a bowl; gradually add milk, stirring with a whisk until blended.
- Add to vegetables; cook until thick (about 3 minutes), stirring frequently. Stir in pasta and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:147.08, Glycemic Load:34.94, Inflammation Score:-8, Nutrition Score:23.173478344212%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 497.05kcal (24.85%), Fat: 5.6g (8.61%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 82.55g (27.52%), Net Carbohydrates: 75.38g (27.41%), Sugar: 8.93g (9.93%), Cholesterol: 13.75mg (4.58%), Sodium: 437mg (19%), Alcohol: 4.64g (100%), Protein: 21.4g (42.8%), Selenium: 64.09µg (91.56%), Manganese: 1.06mg (53.14%), Vitamin C: 36.15mg (43.82%), Phosphorus: 333.16mg (33.32%), Fiber: 7.18g (28.7%), Vitamin B2: 0.46mg (27.01%), Copper: 0.53mg (26.3%), Iron: 4.22mg (23.44%), Vitamin B3: 4.59mg (22.93%), Vitamin B6: 0.42mg (21.09%), Magnesium: 78.29mg (19.57%), Vitamin A: 926.81IU (18.54%), Vitamin K: 19.44µg (18.51%), Potassium: 634.09mg (18.12%), Zinc: 2.63mg (17.53%), Folate: 68.82µg (17.2%), Vitamin B5: 1.67mg (16.68%), Vitamin B1: 0.23mg (15.22%), Calcium: 100.19mg (10.02%), Vitamin E: 0.71mg (4.76%), Vitamin B12: 0.25µg (4.23%), Vitamin D: 0.2µg (1.3%)