



Garlic Mushroom Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 eggs beaten
- ☐ 8 cloves garlic crushed
- ☐ 5 large mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 large onion diced
- ☐ 0.3 cup parmesan cheese grated plus more for garnish
- ☐ 12 ounce pasta like spaghetti

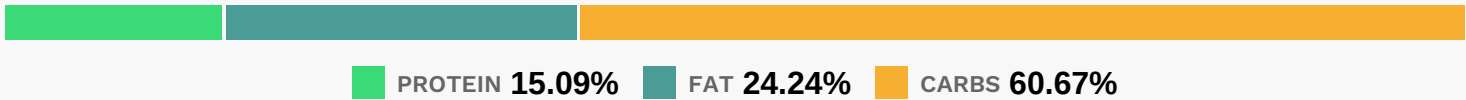
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons olive oil in a skillet over medium heat. Cook and stir onion, mushrooms, and garlic in hot oil until onion is translucent, 5 to 7 minutes.
- ☐ Bring a large pot of lightly salted water to a boil; add about 1 teaspoon olive oil to keep spaghetti from sticking. Cook spaghetti in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 12 minutes.
- ☐ Drain and transfer hot spaghetti back to pot.
- ☐ Stir eggs into spaghetti; allow heat from spaghetti to cook the eggs. Stir onion and mushroom mixture and 1/4 cup Parmesan cheese into spaghetti over low heat until eggs are fully cooked and cheese is melted.
- ☐ Garnish with additional Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:26.68, Inflammation Score:-5, Nutrition Score:15.890869731488%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 457.95kcal (22.9%), Fat: 12.27g (18.88%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 69.11g (23.04%), Net Carbohydrates: 65.66g (23.88%), Sugar: 3.78g (4.2%), Cholesterol: 87.28mg (29.09%), Sodium: 149.07mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.38%), Selenium: 66.31µg (94.73%), Manganese: 0.93mg (46.47%), Phosphorus: 283.27mg (28.33%), Copper: 0.38mg (19.04%), Vitamin B2: 0.3mg (17.67%), Vitamin B6: 0.29mg (14.5%), Magnesium: 55.87mg (13.97%), Fiber: 3.45g (13.82%), Zinc: 2mg (13.36%), Vitamin B3: 2.57mg (12.84%), Vitamin B5: 1.21mg (12.13%), Potassium: 374.45mg (10.7%), Iron: 1.84mg (10.24%),

Calcium: 101.54mg (10.15%), Vitamin E: 1.38mg (9.17%), Vitamin B1: 0.13mg (8.73%), Folate: 34.65µg (8.66%), Vitamin B12: 0.29µg (4.86%), Vitamin C: 3.86mg (4.68%), Vitamin K: 4.65µg (4.43%), Vitamin D: 0.53µg (3.53%), Vitamin A: 173.78IU (3.48%)