



Gratin Of Noodles And Mushrooms

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons butter
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 1 cup milk 1% low-fat
- ☐ 2 cups mushrooms thinly sliced
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons parmesan cheese grated

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce bread white
- ☐ 3 cups wide noodles hot cooked

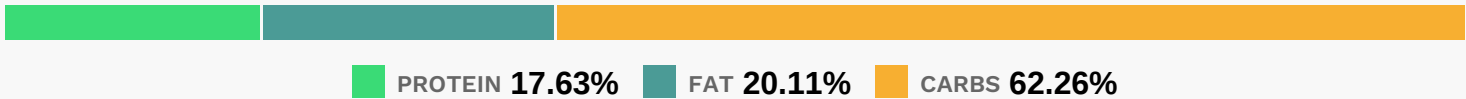
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 5 ingredients in a medium bowl; stir well with a whisk.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and next 3 ingredients; cook 6 minutes or until tender.
- ☐ Add milk mixture, and cook 6 minutes or until thick and bubbly, stirring constantly.
- ☐ Add Parmesan cheese and sherry; stir well.
- ☐ Remove from heat; add noodles, and stir gently.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs form to measure 1/3 cup. Spoon mixture into a 10-inch gratin dish; sprinkle with breadcrumbs.
- ☐ Bake at 450 for 10 minutes.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:51.47, Glycemic Load:7.56, Inflammation Score:-4, Nutrition Score:6.8282608985901%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 115.64kcal (5.78%), Fat: 2.59g (3.99%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 16.87g (6.14%), Sugar: 3.15g (3.5%), Cholesterol: 17.22mg (5.74%), Sodium: 324.78mg (14.12%), Alcohol: 0.19g (100%), Alcohol %: 0.2% (100%), Protein: 5.11g (10.23%), Selenium: 17.04µg (24.35%), Vitamin B2: 0.19mg (11.32%), Vitamin C: 9.31mg (11.28%), Phosphorus: 109.23mg (10.92%), Manganese: 0.21mg (10.55%), Vitamin B3: 1.77mg (8.85%), Vitamin B1: 0.11mg (7.45%), Vitamin B5: 0.7mg (7.02%), Copper: 0.14mg (7%), Calcium: 67.07mg (6.71%), Vitamin A: 303.53IU (6.07%), Vitamin B6: 0.12mg (5.94%), Potassium: 207.24mg (5.92%), Folate: 23.07µg (5.77%), Vitamin B12: 0.31µg (5.11%), Fiber: 1.18g (4.74%), Magnesium: 18.37mg (4.59%), Zinc: 0.68mg (4.51%), Iron: 0.75mg (4.16%), Vitamin D: 0.42µg (2.81%), Vitamin E: 0.21mg (1.38%)