



Herby mushroom pasta



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g portabello mushrooms sliced
- ☐ 2 tsp wholegrain mustard
- ☐ 3 garlic cloves crushed sliced
- ☐ 150 ml vegetable stock fine (from a cube is)
- ☐ 250 g penne pasta (or other tube shapes)
- ☐ 3 tbsp flat-leaf parsley chopped
- ☐ 1 lemon zest

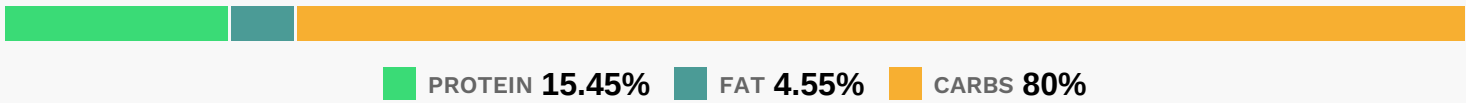
Equipment

☐ frying pan

Directions

- ☐ Put the mushrooms, mustard, garlic and vegetable stock into a frying pan, bring to the boil and simmer for 5 mins or until the stock has nearly all evaporated and the mushrooms are soft.
- ☐ Meanwhile, cook the pasta according to pack instructions.
- ☐ Drain and toss with the mushrooms, parsley and lemon zest. Season to taste and serve straightaway.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:38.44, Inflammation Score:-7, Nutrition Score:25.933043562848%

Flavonoids

Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 508.19kcal (25.41%), Fat: 2.57g (3.95%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 101.72g (33.91%), Net Carbohydrates: 95.28g (34.65%), Sugar: 7.39g (8.21%), Cholesterol: 0mg (0%), Sodium: 375.87mg (16.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.3%), Selenium: 104.62µg (149.45%), Vitamin K: 93.76µg (89.29%), Manganese: 1.34mg (66.89%), Vitamin B3: 7.89mg (39.44%), Phosphorus: 387.2mg (38.72%), Copper: 0.75mg (37.36%), Fiber: 6.44g (25.76%), Potassium: 795.67mg (22.73%), Vitamin B6: 0.43mg (21.6%), Vitamin B5: 2.04mg (20.38%), Magnesium: 73.07mg (18.27%), Zinc: 2.58mg (17.18%), Folate: 67.04µg (16.76%), Vitamin C: 12.88mg (15.61%), Vitamin B2: 0.25mg (14.93%), Iron: 2.55mg (14.14%), Vitamin B1: 0.21mg (14.09%), Vitamin A: 644.3IU (12.89%), Calcium: 53.18mg (5.32%), Vitamin D: 0.38µg (2.5%), Vitamin E: 0.23mg (1.56%), Vitamin B12: 0.06µg (1.04%)