



## Homemade Pappardelle Pasta with Mushrooms, Green Peas, and Asparagus

READY IN



45 min.

SERVINGS



5

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup asparagus sliced (1-inch)
- 1 bay leaf
- 0.5 teaspoon butter
- 1 tablespoon butter
- 1 carrots quartered
- 1 celery stalk quartered
- 0.5 cup porcini mushrooms dried
- 2 large eggs lightly beaten

- 2 cups flour all-purpose divided
- 1 tablespoon chives fresh chopped
- 1 garlic clove
- 1 garlic clove minced
- 1 tablespoon olive oil
- 1 small onion quartered
- 2 ounces parmesan cheese fresh grated
- 0.5 cup peas fresh green
- 1 teaspoon saffron threads
- 1 teaspoon salt
- 1 tablespoon shallots diced
- 8 shiitake mushroom stems
- 8 large shiitake mushroom caps quartered
- 6 thyme sprigs
- 1 cup vegetable broth fat-free
- 0.3 cup water

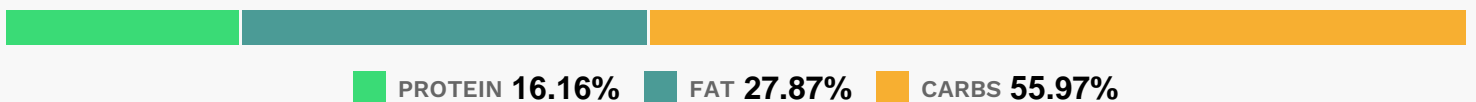
## Equipment

- bowl
- frying pan
- sauce pan
- knife
- sieve
- plastic wrap
- measuring cup
- pasta machine

## Directions

- To prepare pasta, combine saffron and 1/4 cup water in a saucepan. Cook over low heat 10 minutes; cool. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine 1 1/2 cups flour and salt in a bowl. Make a well in center of mixture; add 3 tablespoons saffron water, 1 tablespoon oil, and eggs. Stir to form a dough. Turn dough out onto a lightly floured surface; shape into a ball. Knead until smooth and elastic (about 10 to 15 minutes); add remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands. Dust dough lightly with flour, and wrap in plastic wrap. Chill 1 hour.
- Divide dough in half. Working with 1 portion at a time, pass dough through smooth rollers of pasta machine on the widest setting. Continue moving width gauge to narrower settings; pass dough through rollers once at each setting, dusting with flour, if needed. Repeat procedure with remaining half of dough.
- Cut dough portions into 8 x 1-inch strips. Hang pasta on a wooden drying rack (no longer than 30 minutes).
- To prepare mushroom broth, melt 1 tablespoon butter in a saucepan over medium heat.
- Add porcinis and next 7 ingredients (porcinis through bay leaf); cook 5 minutes.
- Add broth; bring to a boil. Reduce heat to medium-low; simmer until reduced to 1 1/4 cups (about 25 minutes). Strain broth through a sieve into a bowl; reserve 3/4 cup broth. Discard solids.
- Cook pasta in boiling water 2 minutes or until al dente; drain.
- Heat 1 tablespoon oil in a nonstick skillet over medium-high heat.
- Add shallot, mushroom caps, and minced garlic; cook 3 minutes.
- Add reserved 3/4 cup broth; reduce heat to medium, and cook 3 minutes. Stir in asparagus, peas, chives, and 1/2 teaspoon butter.
- Add cooked pasta; toss to coat.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:148.63, Glycemic Load:30.17, Inflammation Score:-10, Nutrition Score:20.88521750077%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

## Nutrients (% of daily need)

Calories: 359.22kcal (17.96%), Fat: 11.2g (17.23%), Saturated Fat: 4.69g (29.3%), Carbohydrates: 50.61g (16.87%), Net Carbohydrates: 45.84g (16.67%), Sugar: 4.27g (4.74%), Cholesterol: 89.21mg (29.74%), Sodium: 901.64mg (39.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Vitamin A: 2718.04IU (54.36%), Selenium: 30.38µg (43.39%), Folate: 135.78µg (33.95%), Vitamin B2: 0.57mg (33.38%), Vitamin B1: 0.5mg (33.15%), Manganese: 0.66mg (32.95%), Vitamin B3: 5.74mg (28.71%), Phosphorus: 267.38mg (26.74%), Iron: 3.86mg (21.43%), Vitamin B5: 1.99mg (19.89%), Fiber: 4.77g (19.08%), Copper: 0.38mg (18.78%), Calcium: 178.55mg (17.86%), Vitamin B6: 0.32mg (16.15%), Vitamin K: 14.7µg (14%), Vitamin C: 11.26mg (13.65%), Zinc: 1.96mg (13.04%), Potassium: 416.63mg (11.9%), Magnesium: 43.82mg (10.96%), Vitamin E: 1mg (6.69%), Vitamin B12: 0.32µg (5.33%), Vitamin D: 0.75µg (4.97%)