



Lemon Pasta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cooking wine dry white
- 1.5 cups mushrooms fresh sliced
- 0.3 cup green onions sliced (3 medium)
- 0.5 teaspoon lemon rind grated
- 0.5 teaspoon lemon-pepper seasoning
- 1 teaspoon garlic-flavored olive oil
- 6 ounces penne pasta uncooked ()
- 0.3 teaspoon salt

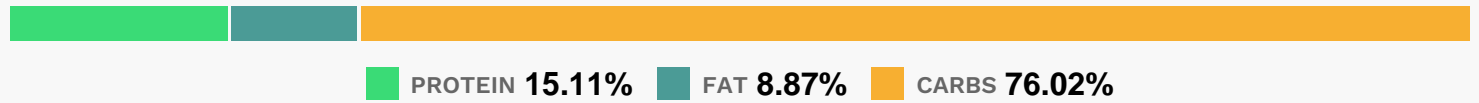
Equipment

frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat; drain well.
- While pasta cooks, add olive oil to a large nonstick skillet; place over medium-high heat until hot.
- Add mushrooms and green onions, and cook 3 minutes, stirring often.
- Add wine; cook 5 minutes or until wine is reduced by half.
- Pour mushroom mixture over pasta; add lemon rind, salt, and lemon-pepper seasoning. Toss well.
- Serve immediately.
- 1/2 Starch

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:8.87, Inflammation Score:-2, Nutrition Score:5.7317391932011%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 135.02kcal (6.75%), Fat: 1.19g (1.84%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 21.66g (7.88%), Sugar: 1.56g (1.74%), Cholesterol: 0mg (0%), Sodium: 101.74mg (4.42%), Alcohol: 2.06g (100%), Alcohol %: 3.3% (100%), Protein: 4.57g (9.15%), Selenium: 20.21µg (28.87%), Manganese: 0.32mg (16.25%), Vitamin K: 12.28µg (11.7%), Copper: 0.17mg (8.31%), Phosphorus: 80.16mg (8.02%), Vitamin B2: 0.12mg

(7.14%), Vitamin B3: 1.4mg (7.01%), Fiber: 1.35g (5.41%), Magnesium: 20.61mg (5.15%), Vitamin B5: 0.5mg (4.97%), Potassium: 171.58mg (4.9%), Vitamin B6: 0.08mg (3.97%), Zinc: 0.57mg (3.82%), Iron: 0.65mg (3.59%), Vitamin B1: 0.05mg (3.29%), Folate: 12.99µg (3.25%), Vitamin C: 1.76mg (2.14%), Calcium: 13.5mg (1.35%), Vitamin A: 56.38IU (1.13%), Vitamin E: 0.16mg (1.08%)