



Linguine & Oyster Mushroom Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula dry washed stemmed chopped
- ☐ 0.3 cup olive oil extra virgin
- ☐ 12 clove garlic peeled roughly chopped
- ☐ 8 ounce oyster mushrooms trimmed
- ☐ 1 pound linguine pasta dry
- ☐ 0.3 cup pecorino cheese freshly grated
- ☐ 4 servings salt and pepper to taste
- ☐ 4 tablespoon butter unsalted
- ☐ 0.5 pinch vermouth sweet red

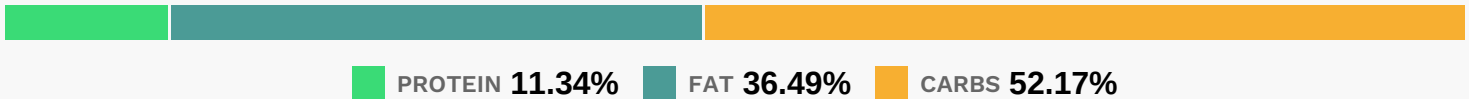
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring 6 quarts of water to a boil in a large pot, and add 2 tablespoons salt. Meanwhile, in a sautÃ© pan, heat the olive oil over medium heat until almost smoking.
- ☐ Add the garlic and sautÃ© until lightly browned, 6 to 7 minutes.
- ☐ Remove from the heat and add the sweet red vermouth. Replace the pan on the burner, add the oyster mushrooms and butter, and bring to a boil. Boil until reduced by half. Season with salt and pepper.
- ☐ Remove from the heat and keep warm. Drop the pasta into the boiling water and cook until al dente, according to package directions.
- ☐ Drain.
- ☐ Add the hot pasta to the mushrooms and stir gently over medium heat for 1 minute to coat the noodles.
- ☐ Add the arugula and toss for 30 seconds, or until wilted.
- ☐ Transfer to a warmed serving dish, sprinkle with cheese, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:35.12, Inflammation Score:-8, Nutrition Score:23.445652277573%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.88mg, Kaempferol: 9.88mg, Kaempferol: 9.88mg, Kaempferol: 9.88mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 703.9kcal (35.19%), Fat: 28.72g (44.18%), Saturated Fat: 10.51g (65.66%), Carbohydrates: 92.38g (30.79%), Net Carbohydrates: 86.8g (31.56%), Sugar: 4.38g (4.87%), Cholesterol: 36.6mg (12.2%), Sodium: 296.77mg (12.9%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 20.07g (40.14%), Selenium: 75.55µg (107.93%), Manganese: 1.35mg (67.37%), Vitamin K: 40.3µg (38.38%), Phosphorus: 361.68mg (36.17%), Copper: 0.52mg (25.94%), Vitamin B3: 4.9mg (24.49%), Fiber: 5.57g (22.3%), Magnesium: 88.68mg (22.17%), Vitamin A: 1074.2IU (21.48%), Vitamin B2: 0.33mg (19.29%), Potassium: 640.26mg (18.29%), Vitamin B6: 0.36mg (18.07%), Folate: 70.49µg (17.62%), Vitamin E: 2.54mg (16.91%), Zinc: 2.45mg (16.31%), Iron: 2.92mg (16.23%), Calcium: 157.12mg (15.71%), Vitamin B5: 1.44mg (14.41%), Vitamin B1: 0.21mg (13.76%), Vitamin C: 7.05mg (8.54%), Vitamin D: 0.64µg (4.25%), Vitamin B12: 0.09µg (1.56%)