



Linguine with Mushrooms & Ham

READY IN



45 min.

SERVINGS



4

CALORIES



601 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper black freshly ground
- 1 tablespoon butter
- 0.3 pound ham julienned cooked
- 1 teaspoon basil leaves fresh chopped
- 1 cup mushrooms fresh sliced
- 3 cloves garlic minced
- 1 onion finely chopped
- 8 ounce linguine pasta
- 1.5 cups whipping cream

Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add linguine pasta, and cook for 8 to 10 minutes, or until al dente; drain.
- Melt butter in a saute pan over medium heat. Cook and stir onion, garlic, and mushrooms in butter until tender. Reduce heat, and slowly stir in cream. Continue cooking until sauce has thickened, add ham and basil, and simmer for 10 more minutes.
- In a large bowl, toss linguine with cream sauce, and season with freshly ground black pepper.

Nutrition Facts

PROTEIN 10.89% **FAT 56.74%** **CARBS 32.37%**

Properties

Glycemic Index:70.75, Glycemic Load:17.98, Inflammation Score:-8, Nutrition Score:15.561739195948%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 601.03kcal (30.05%), Fat: 38.2g (58.77%), Saturated Fat: 22.99g (143.7%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 46.44g (16.89%), Sugar: 5.79g (6.43%), Cholesterol: 129.07mg (43.02%), Sodium: 380.14mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.5g (32.99%), Selenium: 46.85µg (66.93%), Manganese: 0.63mg (31.58%), Vitamin A: 1402.06IU (28.04%), Phosphorus: 274.78mg (27.48%), Vitamin B2: 0.38mg (22.18%), Vitamin B1: 0.26mg (17.07%), Copper: 0.3mg (15.06%), Vitamin B3: 2.95mg (14.73%), Vitamin B6: 0.27mg (13.53%), Vitamin C: 10.39mg (12.59%), Zinc: 1.85mg (12.32%), Magnesium: 47.98mg (12%), Potassium: 418.62mg (11.96%), Vitamin B5: 1.13mg (11.31%), Fiber: 2.59g (10.38%), Vitamin D: 1.48µg (9.84%), Vitamin B12: 0.56µg (9.3%), Calcium: 84.96mg (8.5%), Iron: 1.29mg (7.19%), Vitamin E: 0.98mg (6.5%), Folate: 24.14µg (6.03%), Vitamin

K: 3.57µg (3.4%)