



Linguine With Two Sauces

READY IN



45 min.

SERVINGS



8

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces button mushrooms sliced
- ☐ 29 ounce tomatoes diced italian-style undrained canned
- ☐ 8 cups pasta hot cooked uncooked (1 pound pasta)
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups milk 1% low-fat
- ☐ 2 teaspoons olive oil

- ☐ 0.3 cup parmesan cheese fresh grated
- ☐ 0.8 teaspoon pepper divided
- ☐ 0.5 teaspoon salt divided
- ☐ 4 ounces swiss cheese shredded reduced-fat reduced-sodium (such as Alpine Lace)

Equipment

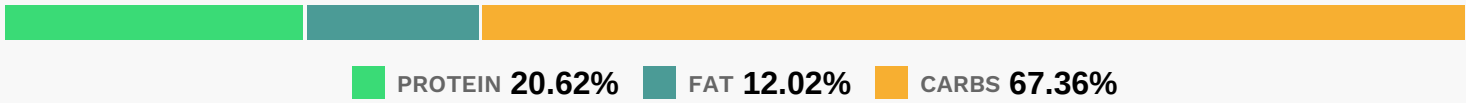
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add basil, 1/4 teaspoon pepper, 1/4 teaspoon salt, and tomatoes; cook over low heat 20 minutes, stirring occasionally. Set aside.
- ☐ Place a large saucepan coated with cooking spray over medium-high heat until hot.
- ☐ Add mushrooms, and cook 5 minutes.
- ☐ Remove from saucepan, and set aside.
- ☐ Add flour to saucepan. Gradually add milk, stirring with a whisk until blended.
- ☐ Place flour mixture over medium heat, and cook until thick (about 3 minutes), stirring constantly. Stir in Swiss cheese, wine, 1/2 teaspoon pepper, and 1/4 teaspoon salt. Cook until cheese melts (about 1 minute), stirring constantly.
- ☐ Remove from heat, and stir in mushrooms.
- ☐ Combine linguine and mushroom sauce in a large bowl. Spoon linguine mixture into a 13 x 9-inch baking dish coated with cooking spray.

- ☐
- Spread tomato sauce evenly over the linguine mixture, and sprinkle with Parmesan cheese. Cover and bake at 350 for 20 minutes. Uncover and bake an additional 5 minutes.
- ☐
- Garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:41.19, Glycemic Load:25.24, Inflammation Score:-6, Nutrition Score:17.661304660465%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 370.14kcal (18.51%), Fat: 4.81g (7.39%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 56.27g (20.46%), Sugar: 7.41g (8.24%), Cholesterol: 10.04mg (3.35%), Sodium: 398.26mg (17.32%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 18.56g (37.11%), Selenium: 48.86µg (69.8%), Manganese: 0.68mg (33.95%), Phosphorus: 321.13mg (32.11%), Calcium: 296.1mg (29.61%), Vitamin B2: 0.44mg (26.04%), Iron: 3.56mg (19.8%), Copper: 0.37mg (18.71%), Fiber: 4.34g (17.36%), Vitamin B3: 3.42mg (17.11%), Potassium: 529.93mg (15.14%), Vitamin B6: 0.3mg (15.01%), Magnesium: 58.68mg (14.67%), Vitamin B1: 0.21mg (14.08%), Zinc: 2.08mg (13.89%), Vitamin C: 10.73mg (13.01%), Vitamin B5: 1.2mg (11.96%), Vitamin B12: 0.65µg (10.88%), Folate: 42.52µg (10.63%), Vitamin E: 0.97mg (6.48%), Vitamin A: 296.11IU (5.92%), Vitamin D: 0.76µg (5.09%), Vitamin K: 5.21µg (4.96%)