



Mini Mac and 'Shrooms

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

1300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs
- ☐ 1.5 cups brie cheese cubed
- ☐ 4 ounces cremini mushrooms
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings kosher salt
- ☐ 1 pound mushrooms wild such as oyster or shiitake, stemmed and sliced
- ☐ 0.3 teaspoon nutmeg freshly grated

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 cups pecorino cheese grated
- ☐ 4 servings pepper freshly ground
- ☐ 1 pound mezzi rigatoni
- ☐ 1 stick butter unsalted
- ☐ 4 cups milk whole

Equipment

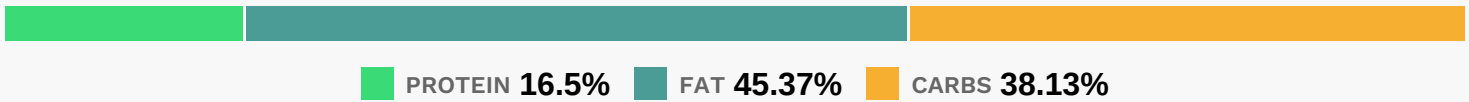
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Bring a large pot of salted water to a boil; add the pasta and cook until al dente, about 9 minutes.
- ☐ Drain the pasta, reserving about 1/4 cup cooking water.
- ☐ Meanwhile, melt 4 tablespoons butter in a large skillet over medium heat. Stir in the flour with a wooden spoon to make a paste. Cook, stirring, until the paste puffs slightly, about 1 minute.
- ☐ Remove from the heat and gradually whisk in the milk until smooth. Bring to a boil over medium-high heat, whisking. Reduce the heat and simmer, whisking occasionally, until the sauce is creamy, 8 to 10 minutes.
- ☐ Add the nutmeg and season with salt and pepper.
- ☐ Meanwhile, heat 2 tablespoons butter and the olive oil in a large skillet over medium-high heat.
- ☐ Add half of the mushrooms and cook until soft, about 8 minutes. Season with salt. Push to the side of the pan and repeat with the remaining mushrooms.
- ☐ Reduce the heat under the sauce to low and whisk in both cheeses until smooth. Stir in the mushrooms and pasta and toss, adding the reserved cooking water as needed.

- ☐ Melt the remaining 2 tablespoons butter in a skillet over medium heat.
- ☐ Add the breadcrumbs and toast until golden; stir in the parsley. Divide the pasta among 8 small bowls.
- ☐ Garnish with the breadcrumb mixture.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:93.75, Glycemic Load:48.31, Inflammation Score:-9, Nutrition Score:44.517391743867%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1300.04kcal (65%), Fat: 65.84g (101.29%), Saturated Fat: 36.43g (227.67%), Carbohydrates: 124.5g (41.5%), Net Carbohydrates: 118.42g (43.06%), Sugar: 18.96g (21.07%), Cholesterol: 183.02mg (61.01%), Sodium: 1193.88mg (51.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.89g (107.79%), Selenium: 116.48µg (166.4%), Phosphorus: 1026.34mg (102.63%), Vitamin B2: 1.56mg (91.91%), Calcium: 868.25mg (86.83%), Manganese: 1.42mg (71.04%), Vitamin B3: 9.45mg (47.24%), Vitamin B12: 2.8µg (46.63%), Copper: 0.92mg (46.06%), Vitamin B1: 0.67mg (44.4%), Vitamin B5: 4.24mg (42.37%), Vitamin K: 43.01µg (40.96%), Zinc: 6.11mg (40.73%), Potassium: 1283.73mg (36.68%), Vitamin A: 1745.71IU (34.91%), Magnesium: 139.53mg (34.88%), Folate: 131.54µg (32.88%), Vitamin B6: 0.64mg (32.21%), Vitamin D: 3.82µg (25.47%), Fiber: 6.08g (24.32%), Iron: 4.27mg (23.75%), Vitamin E: 2.18mg (14.51%), Vitamin C: 5.05mg (6.12%)