



Mushroom-and-Fresh Parsley Noodles

READY IN



18 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 tablespoons butter
- ☐ 8 oz button mushrooms fresh sliced
- ☐ 3 chicken bouillon cubes
- ☐ 8 oz extra wide egg noodles
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 6 servings pepper freshly ground to taste

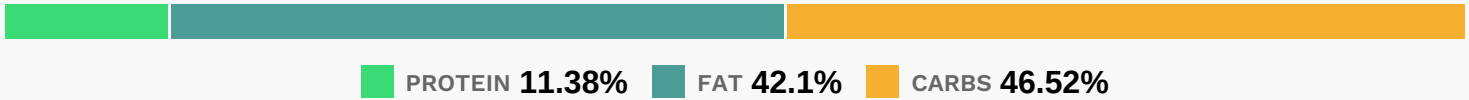
Equipment

- ☐ frying pan

Directions

- ☐
- Prepare pasta according to package directions, adding chicken bouillon cubes to water.
- ☐
- Meanwhile, melt 4 Tbsp. butter in a large skillet over medium heat.
- ☐
- Add sliced mushrooms, and saut 5 minutes or until liquid evaporates and mushrooms are golden brown.
- ☐
- Remove from heat. Stir in chopped parsley, noodles, and remaining 1 Tbsp. butter. Stir in pepper to taste.
- ☐
- *1 (8-oz.) package assorted mushrooms, sliced, may be substituted.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:11.62, Inflammation Score:-5, Nutrition Score:10.466956553252%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 243.61kcal (12.18%), Fat: 11.57g (17.8%), Saturated Fat: 6.53g (40.84%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.03g (9.83%), Sugar: 1.84g (2.04%), Cholesterol: 57.09mg (19.03%), Sodium: 563.76mg (24.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Selenium: 33.99µg (48.55%), Vitamin K: 42.17µg (40.16%), Manganese: 0.36mg (18.04%), Phosphorus: 131.33mg (13.13%), Copper: 0.24mg (11.88%), Vitamin B2: 0.2mg (11.83%), Vitamin B3: 2.25mg (11.23%), Vitamin A: 526.17IU (10.52%), Vitamin B5: 0.95mg (9.47%), Magnesium: 28.1mg (7.02%), Fiber: 1.73g (6.93%), Potassium: 236.59mg (6.76%), Vitamin B1: 0.1mg (6.65%), Zinc: 0.96mg (6.42%), Vitamin B6: 0.13mg (6.29%), Iron: 1.09mg (6.08%), Folate: 22.19µg (5.55%), Vitamin C: 4.14mg (5.02%), Vitamin E: 0.44mg (2.96%), Vitamin B12: 0.15µg (2.51%), Calcium: 24.8mg (2.48%), Vitamin D: 0.19µg (1.26%)