



Mushroom and Spinach Fettuccine

READY IN



30 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz fettuccine barilla uncooked
- 0.8 cup chicken broth (from 14-oz can)
- 12 oz mushrooms fresh cut in half
- 6 cups pkt spinach fresh loosely packed chopped
- 1 cup cherry tomatoes cut in half
- 1.5 teaspoons seasoning italian
- 0.5 teaspoon salt
- 0.3 cup evaporated milk fat-free (from 12-oz can)
- 1 oz parmesan shredded shaved finely

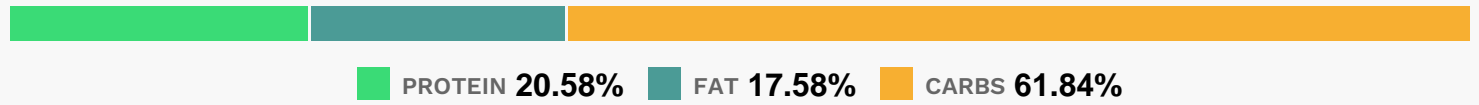
Equipment

- frying pan

Directions

- Cook and drain fettuccine as directed on package, omitting salt.
- Meanwhile, in 10-inch skillet, heat 1/4 cup of the broth to boiling over medium-high heat.
- Add mushrooms; cook, stirring frequently, until almost all liquid is absorbed. Stir in additional 1/4 cup broth. Continue cooking mushrooms 4 to 6 minutes, stirring frequently, until tender.
- Stir in remaining 1/4 cup broth; heat to boiling. Stir in spinach, tomatoes, Italian seasoning and salt. Cook 1 to 2 minutes, stirring constantly, until spinach is wilted. Stir in evaporated milk just until heated through.
- Place fettuccine on large platter. Top with spinach mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:17.85, Inflammation Score:-10, Nutrition Score:29.946086852447%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 307.17kcal (15.36%), Fat: 6.17g (9.49%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 44.54g (16.2%), Sugar: 5.72g (6.36%), Cholesterol: 57.9mg (19.3%), Sodium: 640.39mg (27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.51%), Vitamin K: 223.55µg (212.91%), Vitamin A: 4543.59IU (90.87%), Selenium: 55.39µg (79.13%), Manganese: 1.03mg (51.42%), Vitamin B2: 0.59mg (34.67%), Phosphorus: 326.3mg (32.63%), Folate: 126.58µg (31.64%), Vitamin C: 23.24mg (28.17%), Copper: 0.54mg (27.08%), Vitamin B3: 4.97mg (24.83%), Potassium: 812.79mg (23.22%), Magnesium: 88.81mg (22.2%), Calcium: 209.99mg (21%), Vitamin B5: 2.01mg (20.11%), Iron: 3.37mg (18.74%), Vitamin B6: 0.35mg (17.51%), Fiber: 4.29g (17.16%), Vitamin B1: 0.23mg (15.64%), Zinc: 2.19mg (14.6%), Vitamin E: 1.54mg (10.24%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.39µg (2.61%)