



Mushroom-and-Spinach Toss

READY IN



32 min.

SERVINGS



6

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz baby spinach fresh washed
- ☐ 16 oz bow-tie pasta
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 cup pinenuts
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sun-dried tomatoes drained coarsely chopped in oil

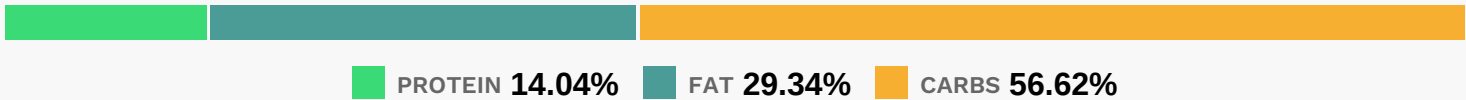
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Preheat oven to 35
- ☐ Arrange 1/4 cup pine nuts in a single layer in a shallow pan.
- ☐ Bake 5 to 7 minutes or until lightly toasted and fragrant.
- ☐ Melt butter with oil in a large skillet over medium-high heat; add mushrooms, and saut 5 to 6 minutes or until golden brown and most liquid has evaporated. Reduce heat to medium, and add tomatoes and garlic; cook, stirring constantly, 1 to 2 minutes. Stir in wine, and cook 30 seconds, stirring to loosen particles from bottom of skillet. Stir in hot cooked pasta and spinach. Cook, stirring occasionally, 2 to 3 minutes or until spinach is wilted. Stir in salt and pepper.
- ☐ Sprinkle with Parmesan cheese and toasted pine nuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:23.25, Inflammation Score:-9, Nutrition Score:25.218695516172%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 442.2kcal (22.11%), Fat: 14.34g (22.05%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 58.29g (21.2%), Sugar: 3.2g (3.56%), Cholesterol: 17.28mg (5.76%), Sodium: 508.4mg (22.1%), Alcohol: 1.03g (100%), Alcohol %: 0.73% (100%), Protein: 15.43g (30.87%), Vitamin K: 142.24µg (135.47%), Selenium: 54.88µg (78.4%), Manganese: 1.54mg (76.96%), Vitamin A: 2908.61IU (58.17%), Phosphorus: 285.54mg (28.55%), Copper: 0.48mg (24.03%), Magnesium: 88.25mg (22.06%), Folate: 78.8µg (19.7%), Vitamin B2: 0.31mg (18.5%), Vitamin C: 13.78mg (16.71%), Potassium: 582.15mg (16.63%), Vitamin B3: 3.3mg (16.48%), Fiber: 3.96g (15.83%), Zinc: 2.2mg (14.68%), Iron: 2.49mg (13.82%), Calcium: 126.57mg (12.66%), Vitamin B6: 0.25mg (12.33%), Vitamin E: 1.68mg (11.18%), Vitamin B1: 0.16mg (10.35%), Vitamin B5: 0.99mg (9.95%), Vitamin B12: 0.14µg (2.26%)