



WHATSheATE



## Mushroom Garlic Angel Hair Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 8 ounce angel hair pasta
- ☐ 2 tablespoons asiago cheese grated
- ☐ 0.3 cup butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup green onion chopped
- ☐ 0.8 cup milk
- ☐ 0.3 cup mushrooms halved sliced
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 2 tablespoons parmesan cheese    grated
- ☐ 2 tablespoons bell pepper    red finely chopped

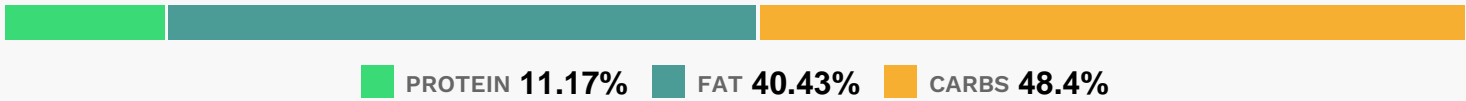
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

## Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook angel hair in the boiling water, stirring occasionally until cooked through but firm to the bite, 4 to 5 minutes.
- ☐ Drain.
- ☐ Heat butter in a small saucepan over medium heat; stir flour into the melted butter until well mixed; cook about 3 minutes. Slowly pour milk into flour mixture, stirring constantly until well incorporated.
- ☐ Add garlic; cook and stir until sauce is thickened, about 2 minutes.
- ☐ Add 2 tablespoons Parmesan cheese and Asiago cheese; stir until cheese is melted, 2 to 4 minutes. Reduce heat to low and simmer garlic sauce while preparing remaining ingredients.
- ☐ Heat olive oil in a skillet over medium-high heat; add mushrooms and red bell pepper. Cover and cook, stirring occasionally, until vegetables are tender, about 5 minutes.
- ☐ Remove from heat.
- ☐ Place angel hair pasta in a serving bowl; toss to coat with garlic sauce.
- ☐ Add mushroom mixture and green onion; toss gently. Top with 2 tablespoons Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:59.67, Glycemic Load:14.2, Inflammation Score:-4, Nutrition Score:8.1052174049875%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 278.69kcal (13.93%), Fat: 12.52g (19.26%), Saturated Fat: 6.4g (40%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 32.19g (11.7%), Sugar: 2.82g (3.14%), Cholesterol: 26.58mg (8.86%), Sodium: 131.82mg (5.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Selenium: 27.33µg (39.05%), Manganese: 0.4mg (20.2%), Phosphorus: 138.02mg (13.8%), Vitamin K: 11.06µg (10.53%), Vitamin A: 451.9IU (9.04%), Calcium: 87.92mg (8.79%), Vitamin B2: 0.12mg (7.11%), Magnesium: 27.84mg (6.96%), Copper: 0.14mg (6.79%), Vitamin C: 5.15mg (6.24%), Fiber: 1.55g (6.18%), Vitamin B1: 0.09mg (6.09%), Zinc: 0.87mg (5.78%), Vitamin B3: 1.11mg (5.55%), Vitamin B6: 0.11mg (5.26%), Potassium: 175.72mg (5.02%), Folate: 18.97µg (4.74%), Vitamin E: 0.7mg (4.67%), Iron: 0.81mg (4.52%), Vitamin B5: 0.4mg (3.95%), Vitamin B12: 0.22µg (3.75%), Vitamin D: 0.36µg (2.4%)