



Mushroom-Herb Spaghetti

READY IN



30 min.

SERVINGS



4

CALORIES



525 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14 oz canned tomatoes diced canned
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 16 oz mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 1 tablespoon oregano leaves fresh chopped

- ☐ 4 servings parmesan cheese shaved
- ☐ 12 ounces pasta like spaghetti
- ☐ 2 tablespoons tomato paste

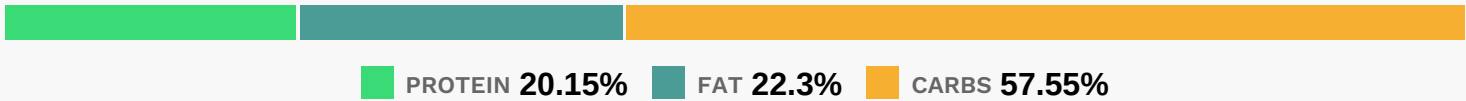
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, drain, and spoon into a serving bowl.
- ☐ While pasta is cooking, heat oil in a large frying pan over medium heat. Cook onion and garlic until softened, about 5 minutes.
- ☐ Add mushrooms and cook until starting to brown, about 10 minutes.
- ☐ Add tomato paste, diced tomatoes, rosemary, salt, and pepper. Simmer 10 minutes.
- ☐ Serve pasta topped with sauce and oregano.
- ☐ Serve shaved parmesan on the side.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:27.62, Inflammation Score:-9, Nutrition Score:26.524782585061%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 525.16kcal (26.26%), Fat: 13.2g (20.3%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 76.66g (25.55%), Net Carbohydrates: 70.5g (25.64%), Sugar: 8.89g (9.88%), Cholesterol: 20.4mg (6.8%), Sodium: 1279.22mg (55.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.67%), Selenium: 71.83µg (102.62%), Manganese: 1.08mg (53.77%), Phosphorus: 500.75mg (50.08%), Calcium: 438.53mg (43.85%), Vitamin B2: 0.69mg (40.39%), Copper: 0.74mg (36.8%), Vitamin B3: 6.66mg (33.32%), Potassium: 896.65mg (25.62%), Fiber: 6.15g (24.62%), Vitamin B5: 2.37mg (23.73%), Magnesium: 88.97mg (22.24%), Vitamin B6: 0.44mg (21.96%), Iron: 3.71mg (20.62%), Zinc: 2.88mg (19.23%), Vitamin C: 15.03mg (18.22%), Vitamin B1: 0.24mg (16.12%), Vitamin K: 14.75µg (14.05%), Folate: 52.48µg (13.12%), Vitamin E: 1.93mg (12.86%), Vitamin A: 510.06IU (10.2%), Vitamin B12: 0.41µg (6.76%), Vitamin D: 0.38µg (2.51%)