

Mushroom Mint Pasta Salad

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



474 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounce mushrooms sliced
- 16 ounce farfalle pasta (bow tie)
- 10 sprigs mint leaves fresh
- 1 pinch pepper black
- 1 quart cup heavy whipping cream
- 0.3 cup olive oil divided
- 4 onion sliced
- 1 pinch salt

1.5 teaspoons granulated sugar white

Equipment

bowl

frying pan

pot

slotted spoon

Directions

Bring a large pot of lightly salted water to a boil.

Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain. Cool, transfer to a large bowl, and toss with 3 tablespoons olive oil.

Heat remaining olive oil in a large skillet over medium heat.

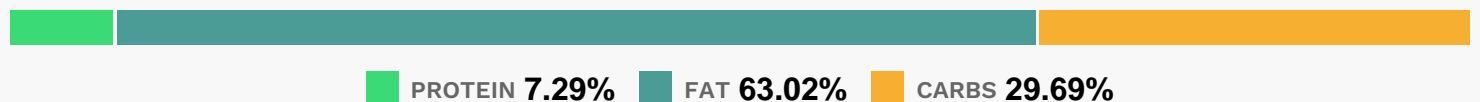
Place mushrooms and onions in the skillet. Cook and stir until lightly brown. Gradually pour in the heavy cream, stirring continuously.

Place the mint sprigs in the skillet. Cook and stir 5 minutes.

Mix sugar into the cream sauce. Season with salt and pepper.

Remove the mint sprigs with a slotted spoon. Stir in the cooked pasta until well coated.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:12.73, Inflammation Score:-7, Nutrition Score:11.073912962623%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 473.66kcal (23.68%), Fat: 33.72g (51.87%), Saturated Fat: 18.9g (118.13%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 33.47g (12.17%), Sugar: 6.11g (6.79%), Cholesterol: 89.11mg (29.7%), Sodium: 30.5mg (1.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Selenium: 29.96µg (42.8%), Vitamin A: 1195.46IU (23.91%), Manganese: 0.42mg (21.17%), Vitamin B2: 0.34mg (19.71%), Phosphorus: 160.94mg (16.09%), Copper: 0.26mg (12.77%), Vitamin B3: 2.11mg (10.57%), Vitamin B5: 0.98mg (9.78%), Potassium: 337.86mg (9.65%), Vitamin E: 1.43mg (9.51%), Fiber: 2.28g (9.12%), Vitamin D: 1.34µg (8.92%), Magnesium: 33.3mg (8.33%), Vitamin B6: 0.17mg (8.28%), Calcium: 71.67mg (7.17%), Zinc: 0.99mg (6.6%), Vitamin B1: 0.1mg (6.53%), Folate: 24.3µg (6.08%), Vitamin K: 5.43µg (5.17%), Vitamin C: 4.25mg (5.15%), Iron: 0.9mg (5.03%), Vitamin B12: 0.14µg (2.36%)