

Mushroom Pasta

READY IN



45 min.

SERVINGS



5

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 16 ounce pre button mushrooms
- ☐ 3 cups cremini mushrooms sliced
- ☐ 12 ounces extra wide egg noodles uncooked
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 2 ounces preshredded parmesan cheese fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup white wine

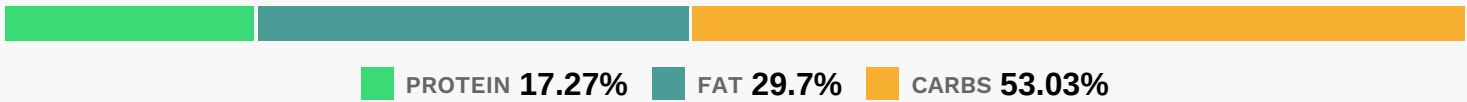
Equipment

- ☐ dutch oven

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ While noodles cook, combine oil and flour in a large Dutch oven over medium-high heat; saut 1 minute.
- ☐ Add mushrooms; saut 2 minutes.
- ☐ Add broth, wine, juice, and salt; cook 8 minutes or until sauce is slightly thick.
- ☐ Stir in butter and pepper.
- ☐ Add pasta; toss to coat. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:21.57, Inflammation Score:-5, Nutrition Score:21.110000102416%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 425.18kcal (21.26%), Fat: 13.74g (21.14%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 55.22g (18.41%), Net Carbohydrates: 51.71g (18.8%), Sugar: 4.29g (4.77%), Cholesterol: 76.9mg (25.63%), Sodium: 658.68mg (28.64%), Alcohol: 2.47g (100%), Alcohol %: 1.06% (100%), Protein: 17.98g (35.97%), Selenium: 77.14µg (110.19%), Vitamin B2: 0.69mg (40.84%), Phosphorus: 384.55mg (38.45%), Manganese: 0.76mg (38.22%), Copper: 0.73mg

(36.26%), Vitamin B3: 6.7mg (33.5%), Vitamin B5: 2.76mg (27.6%), Potassium: 698.27mg (19.95%), Calcium: 175.67mg (17.57%), Zinc: 2.62mg (17.45%), Vitamin B1: 0.25mg (16.33%), Vitamin B6: 0.32mg (16.01%), Magnesium: 60.3mg (15.08%), Fiber: 3.51g (14.05%), Folate: 49.36µg (12.34%), Iron: 2.22mg (12.33%), Vitamin B12: 0.51µg (8.55%), Vitamin E: 0.83mg (5.54%), Vitamin A: 272.51IU (5.45%), Vitamin C: 3.07mg (3.72%), Vitamin D: 0.49µg (3.24%), Vitamin K: 3.2µg (3.05%)