



Mushroom Pasta Bake with White Wine Cream Sauce (Vegan)

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons dairy-free margarine
- ☐ 2 cups so delicious dairy free coconut milk beverage unsweetened
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour
- ☐ 2 cloves garlic minced
- ☐ 3 cups mushrooms chopped (I used button, portobello and shiitake)
- ☐ 1 tablespoon nutritional yeast

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion diced finely
- ☐ 0.5 cup panko bread crumbs
- ☐ 4 servings bell pepper to taste
- ☐ 0.3 teaspoon chili flakes red
- ☐ 0.3 teaspoon salt to taste
- ☐ 2.5 cups .5 oz. macaroni uncooked
- ☐ 1 teaspoon soya sauce
- ☐ 0.5 teaspoon thyme leaves

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

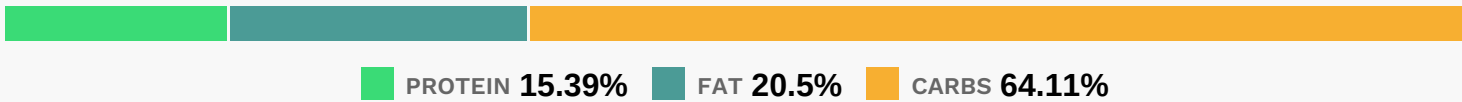
Directions

- ☐ Preheat oven to 400°F. Cook pasta al dente according to package directions.
- ☐ Drain and rinse.In a saucepan, heat olive oil over medium–high heat.
- ☐ Add mushrooms, onion, garlic, thyme and chili flakes. Cook for 4 minutes, until onions are softened.De–glaze the pan by adding the wine. Cook for another couple minutes.
- ☐ Add in the coconut milk beverage, nutritional yeast, soy sauce, salt (to taste) and pepper. Bring to a boil, stirring and bring down to a simmer. Allow to simmer for 10 minutes.While simmering prepare the roux in another saucepan. Melt margarine over medium heat. Once melted and in the flour, stirring until fully mixed and the roux is pulled away from the sides of the pan. Continue to cook for another couple minutes.
- ☐ Remove from heat until mushroom sauce is ready.Once simmered for 10 minutes, pour 1/3 of the sauce into the pot with the roux, whisking continuously over medium heat. Continue to

whisk until thickened.

- ☐ Add another 1/3 of sauce and repeat the process. Repeat with the rest of the sauce. Continue to cook and thicken for another 3 to 5 minutes.
- ☐ Add in the pasta and stir until fully mixed. Portion into individual baking dishes or a loaf or casserole dish.
- ☐ Sprinkle the top with panko and bake for about 30 minutes or until as crispy as desired.
- ☐ Serve with a fresh salad and enjoy the amazing flavor of dairy free!

Nutrition Facts



Properties

Glycemic Index:76.1, Glycemic Load:7.53, Inflammation Score:-10, Nutrition Score:33.105652104253%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 512.74kcal (25.64%), Fat: 11.25g (17.3%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 79.11g (26.37%), Net Carbohydrates: 72.62g (26.41%), Sugar: 11.05g (12.28%), Cholesterol: 0mg (0%), Sodium: 447.25mg (19.45%), Alcohol: 3.09g (100%), Alcohol %: 0.96% (100%), Protein: 19g (37.99%), Vitamin C: 107.22mg (129.97%), Selenium: 57.36µg (81.94%), Vitamin A: 3113.01IU (62.26%), Manganese: 0.99mg (49.4%), Vitamin B3: 9.82mg (49.11%), Vitamin B2: 0.73mg (43.2%), Vitamin E: 5.94mg (39.59%), Vitamin B6: 0.74mg (36.78%), Folate: 128.12µg (32.03%), Copper: 0.64mg (31.89%), Vitamin B1: 0.43mg (28.97%), Fiber: 6.49g (25.97%), Phosphorus: 250.47mg (25.05%), Potassium: 827.13mg (23.63%), Vitamin B12: 1.35µg (22.51%), Calcium: 222.55mg (22.25%), Iron: 3.49mg (19.37%), Vitamin B5: 1.75mg (17.52%), Magnesium: 63.62mg (15.91%), Zinc: 2.11mg (14.08%), Vitamin D: 1.56µg (10.4%), Vitamin K: 10.05µg (9.57%)