



Mushroom Pepper Pasta with Feta Goat Cheese Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



665 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large bell pepper cut into strips
- ☐ 2 tbsp butter
- ☐ 1 lb mushrooms sliced
- ☐ 0.3 tsp ground pepper
- ☐ 1.5 tbsp cornstarch
- ☐ 4 oz feta cheese crumbled
- ☐ 2 tbsp parsley fresh chopped for garnish
- ☐ 1 tsp garlic crushed

- ☐ 11 oz goat cheese soft (I used chèvre)
- ☐ 2 tbsp grapeseed oil plus more if needed for mushrooms
- ☐ 1 tsp lemon zest
- ☐ 2 cups milk
- ☐ 6 servings bacon
- ☐ 1 lb soup noodles your favorite (or variety of pasta)
- ☐ 6 servings salt
- ☐ 0.3 cup water

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Mushroom Pepper Pasta with Feta Goat Cheese Sauce
- ☐ Ingredients16 oz (1 lb) baby bella or button mushrooms, sliced
- ☐ Salt2 large bell peppers, cut into strips2 tbsp grapeseed oil, plus more if needed for mushrooms1/4 cup water16 oz (1 lb) fettuccine pasta (or your favorite variety of pasta)2 cups milk11 oz soft goat cheese (I used chèvre)4 oz crumbled feta2 tbsp butter1 1/2 tbsp cornstarch1 tsp crushed garlic1 tsp lemon zest1/4 tsp cayenne2 tbsp chopped fresh parsley for garnish
- ☐ You will also need
- ☐ Large sauté pan, whisk, large mixing bowl
- ☐ Servings: 6 servings
- ☐ Kosher Key: Dairy

Nutrition Facts



 **PROTEIN 18.08%**  **FAT 40.62%**  **CARBS 41.3%**

Properties

Glycemic Index:61.5, Glycemic Load:25.63, Inflammation Score:-9, Nutrition Score:32.353478763414%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 664.53kcal (33.23%), Fat: 30.17g (46.42%), Saturated Fat: 15.61g (97.54%), Carbohydrates: 69.02g (23.01%), Net Carbohydrates: 64.57g (23.48%), Sugar: 10.23g (11.36%), Cholesterol: 67.6mg (22.53%), Sodium: 791.46mg (34.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.42%), Selenium: 64.43µg (92.04%), Vitamin C: 73.88mg (89.55%), Vitamin A: 2719.02IU (54.38%), Phosphorus: 531.27mg (53.13%), Vitamin B2: 0.89mg (52.09%), Copper: 0.87mg (43.47%), Manganese: 0.86mg (43.25%), Vitamin B6: 0.65mg (32.58%), Calcium: 293.46mg (29.35%), Vitamin B3: 5.81mg (29.05%), Vitamin B5: 2.56mg (25.63%), Vitamin K: 25.45µg (24.24%), Zinc: 3.19mg (21.3%), Vitamin B1: 0.31mg (20.78%), Potassium: 718.67mg (20.53%), Magnesium: 78.44mg (19.61%), Fiber: 4.45g (17.79%), Vitamin E: 2.64mg (17.59%), Folate: 66.1µg (16.52%), Vitamin B12: 0.97µg (16.2%), Iron: 2.88mg (16%), Vitamin D: 1.36µg (9.05%)