



Mushroom Pesto Pasta



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 3.5 ounces mushroom caps fresh thinly sliced
- ☐ 6.5 ounces pasta uncooked
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup commercial pesto sauce
- ☐ 0.5 cup roasted peppers red canned drained cut into thin strips
- ☐ 0.5 cup shallots chopped
- ☐ 1.5 ounces sun-dried tomatoes

☐ 0.5 cup water hot

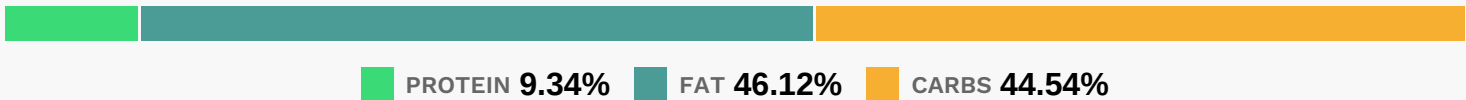
Equipment

☐ bowl

Directions

- ☐ Combine tomatoes and water in a small bowl; cover and let stand 15 minutes.
- ☐ Drain tomatoes, and slice thinly; set aside.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and set aside.
- ☐ Saute mushrooms and shallots in hot olive oil until tender.
- ☐ Add tomato and pesto sauce; cook, uncovered, over medium heat 5 minutes.
- ☐ Add reserved pasta and pepper strips; stir well. Cover and cook an additional 5 minutes or until thoroughly heated.
- ☐ Sprinkle with fresh parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:6.72, Inflammation Score:-5, Nutrition Score:7.4473913856175%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 178.32kcal (8.92%), Fat: 9.29g (14.29%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 18.1g (6.58%), Sugar: 3.67g (4.08%), Cholesterol: 0.99mg (0.33%), Sodium: 221.53mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin K: 37.27µg (35.5%), Selenium: 12.61µg (18.01%), Manganese: 0.32mg (15.96%), Vitamin C: 8.53mg (10.34%), Vitamin A: 492.5IU (9.85%), Fiber: 2.09g (8.35%), Potassium: 277.97mg (7.94%), Copper: 0.15mg (7.61%), Phosphorus: 70.74mg (7.07%), Vitamin B6: 0.12mg

(6.22%), Magnesium: 24.37mg (6.09%), Iron: 1.08mg (6.02%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.65mg (4.3%), Folate: 15.68µg (3.92%), Calcium: 39.11mg (3.91%), Vitamin B5: 0.36mg (3.62%), Zinc: 0.53mg (3.53%), Vitamin B2: 0.06mg (3.52%), Vitamin B1: 0.05mg (3.41%)