



Mushroom-Vegetable Ragu with Fettuccine

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce baby portabella mushrooms sliced
- ☐ 16 ounce soup vegetables frozen thawed drained
- ☐ 4 ounces fettuccine barilla uncooked
- ☐ 0.5 teaspoon penzey's southwest seasoning italian

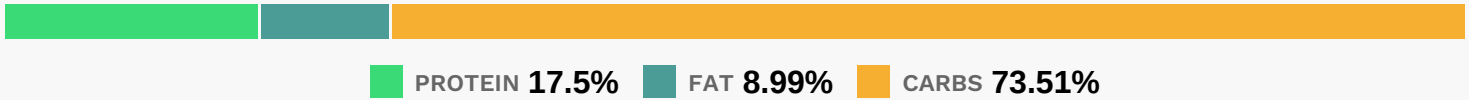
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain fettuccine as directed on package.
- ☐ In 10-inch skillet, heat 1 tablespoon vegetable oil over medium-high heat until hot.
- ☐ Add mushrooms; cook 4 to 6 minutes, stirring occasionally, until lightly browned and tender.
- ☐ Add cooking sauce, thawed vegetables, Italian seasoning, 1/4 teaspoon salt and 1/8 teaspoon pepper; heat to boiling. Reduce heat; cover and simmer about 10 minutes or until vegetables are tender.
- ☐ Serve mushroom mixture over fettuccine; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:13.31, Inflammation Score:-10, Nutrition Score:17.237391383752%

Nutrients (% of daily need)

Calories: 194.57kcal (9.73%), Fat: 2.06g (3.17%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 31.52g (11.46%), Sugar: 1.96g (2.18%), Cholesterol: 23.81mg (7.94%), Sodium: 64.42mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Vitamin A: 5780.18IU (115.6%), Selenium: 33.35µg (47.64%), Manganese: 0.57mg (28.53%), Fiber: 6.31g (25.26%), Vitamin B3: 4.57mg (22.87%), Phosphorus: 196.83mg (19.68%), Copper: 0.35mg (17.67%), Potassium: 519.11mg (14.83%), Vitamin B1: 0.22mg (14.7%), Folate: 57.58µg (14.39%), Vitamin C: 11.8mg (14.3%), Vitamin B6: 0.26mg (12.83%), Vitamin B2: 0.2mg (11.58%), Magnesium: 44.33mg (11.08%), Vitamin B5: 1.09mg (10.92%), Iron: 1.88mg (10.46%), Zinc: 1.36mg (9.08%), Calcium: 43.97mg (4.4%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.26µg (1.7%), Vitamin K: 1.7µg (1.62%), Vitamin E: 0.16mg (1.08%)