



 **55%**
HEALTH SCORE

Oyster Mushroom Scampi

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces soup noodles whole wheat cooked
- 2 tbsp parsley fresh minced
- 1 tsp kombu
- 2 tsp juice of lemon
- 1 cup oyster mushrooms coarsely chopped
- 1 cup vegetable broth
- 2 garlic cloves whole minced

Equipment

frying pan

Directions

Cook mushrooms in 1/2 cup broth over medium heat. After 4 minutes, add parsley, garlic, lemon, miso and kelp. Cook until mushrooms are soft and fragrant, adding more broth as needed to prevent burning and drying out. Once mushrooms are cooked, add more broth so there is enough to line the bottom of your pan. Toss mushroom mixture with cooked pasta and garnish with parsley.

Amount Per Serving

Calories

Fat

Carbohydrate

20g Dietary Fiber 12.20g Sugars 5.20g Protein 15.30g

Nutrition Facts



Properties

Glycemic Index: 82.5, Glycemic Load: 15.49, Inflammation Score: -6, Nutrition Score: 16.74913031122%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 168.68kcal (8.43%), Fat: 0.86g (1.32%), Saturated Fat: 0.15g (0.97%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 29.71g (10.8%), Sugar: 2.59g (2.87%), Cholesterol: 0mg (0%), Sodium: 489.57mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Manganese: 1.67mg (83.71%), Vitamin K: 64.79µg (61.71%), Selenium: 30.94µg (44.2%), Fiber: 6.33g (25.31%), Phosphorus: 160.75mg (16.08%), Copper: 0.31mg (15.65%), Vitamin B3: 3.02mg (15.1%), Vitamin B1: 0.19mg (12.53%), Vitamin B2: 0.21mg (12.5%), Vitamin A: 597.86IU (11.96%), Magnesium: 47.69mg (11.92%), Iron: 2.13mg (11.86%), Vitamin B5: 1.09mg (10.87%), Vitamin C: 8mg (9.7%), Zinc:

1.36mg (9.05%), Vitamin B6: 0.18mg (8.99%), Folate: 33.31 μ g (8.33%), Potassium: 270.92mg (7.74%), Calcium: 33.41mg (3.34%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.3 μ g (2.01%)