



Pappardelle with Mixed Wild Mushrooms

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



648 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 small chillies dried red very finely chopped
- ☐ 1 handfully of flat-leaf parsley fresh roughly chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 juice of lemon
- ☐ 9 ounces mushrooms I would probably buy around 14 ounces of mushrooms, as you have to trim a bit off
- ☐ 3 tablespoons olive oil
- ☐ 1 pound pappardelle
- ☐ 1 small handful parmesan cheese grated

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 ounces butter unsalted

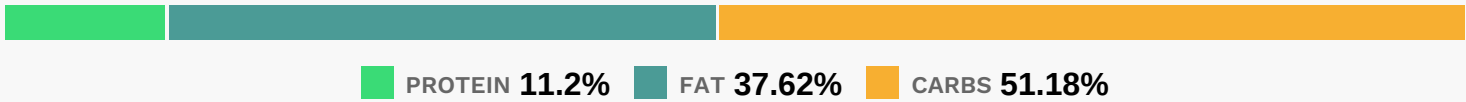
Equipment

- ☐ frying pan
- ☐ kitchen towels
- ☐ pastry brush

Directions

- ☐ Brush off any dirt from the mushrooms with a pastry brush or a dish towel. Slice the mushrooms thinly, but tear girolles, chanterelles and blewits in half.
- ☐ Put the olive oil in a very hot frying pan and add the mushrooms.
- ☐ Let them fry fast, tossing once or twice, then add the garlic and chilli with a pinch of salt (it is very important to season mushrooms lightly, as a little really brings out the flavor). Continue to fry fast for 4–5 minutes, tossing regularly. Then turn the heat off and squeeze in the lemon juice. Toss and season to taste.
- ☐ Meanwhile cook the pasta in boiling salted water until al dente.
- ☐ Add to the mushrooms, with the Parmesan, parsley and butter. Toss gently, coating the pasta with the mushrooms and their flavor.
- ☐ Serve, scraping out all of the last bits of mushroom from the pan, and sprinkle with a little extra parsley and Parmesan.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:34.46, Inflammation Score:-6, Nutrition Score:20.056956581447%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 648.08kcal (32.4%), Fat: 27.35g (42.08%), Saturated Fat: 10.15g (63.41%), Carbohydrates: 83.7g (27.9%), Net Carbohydrates: 79.19g (28.8%), Sugar: 3.61g (4.01%), Cholesterol: 125.95mg (41.98%), Sodium: 33.7mg (1.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.66%), Selenium: 95.64µg (136.63%), Manganese: 1.03mg (51.43%), Phosphorus: 335.28mg (33.53%), Copper: 0.55mg (27.36%), Vitamin B3: 4.72mg (23.62%), Vitamin B2: 0.37mg (21.71%), Vitamin B5: 2.02mg (20.2%), Magnesium: 72.81mg (18.2%), Fiber: 4.51g (18.05%), Zinc: 2.55mg (17%), Vitamin B1: 0.25mg (16.54%), Vitamin B6: 0.33mg (16.27%), Vitamin E: 2.29mg (15.23%), Iron: 2.59mg (14.4%), Potassium: 497.76mg (14.22%), Vitamin K: 12.43µg (11.84%), Folate: 45.47µg (11.37%), Vitamin A: 514.82IU (10.3%), Vitamin B12: 0.38µg (6.36%), Calcium: 49.8mg (4.98%), Vitamin D: 0.68µg (4.54%), Vitamin C: 3.44mg (4.16%)