



## Pappardelle with Mushrooms

READY IN



40 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 ounce porcini mushrooms dried
- 2 tablespoons cooking sherry dry
- 1 teaspoon sage fresh finely chopped
- 2 garlic cloves minced
- 0.3 cup heavy whipping cream
- 8 ounce exotic mushroom blend sliced coarsely chopped
- 1 tablespoon olive oil
- 2 ounces parmigiano-reggiano cheese divided
- 8 ounces pappardelle pasta uncooked

- 0.5 teaspoon cracked pepper black
- 3.3 teaspoons salt divided
- 0.3 cup shallots finely chopped
- 1 teaspoon truffle oil
- 0.7 cup water boiling

## Equipment

- bowl
- frying pan
- sieve
- colander

## Directions

- Rinse porcini thoroughly.
- Combine porcini and 2/3 cup boiling water in a bowl; cover and let stand 30 minutes.
- Drain in a sieve over a bowl, reserving 1/4 cup soaking liquid. Chop porcini.
- Cook pasta with 1 tablespoon salt in boiling water 10 minutes or until al dente; drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
- Heat oil in a large skillet over medium-high heat.
- Add shallots, mushroom blend, and garlic; saut 5 minutes, stirring frequently. Stir in porcini, sherry, and remaining 1/4 teaspoon salt; cook 1 minute or until the liquid evaporates.
- Finely grate 1 ounce cheese; crumble remaining cheese. Reduce heat to medium. Stir pasta, 1/4 cup reserved cooking liquid, 1/4 cup reserved porcini soaking liquid, 1/4 cup grated cheese, cream, chopped sage, and pepper into mushroom mixture; toss well to combine.
- Drizzle with truffle oil; toss.
- Place about 1 1/4 cups pasta mixture on each of 4 plates; top each serving with about 1 tablespoon crumbled cheese.
- Garnish with sage leaves, if desired.

## Nutrition Facts



■ PROTEIN 15.07% ■ FAT 35.58% ■ CARBS 49.35%

## Properties

Glycemic Index:52.5, Glycemic Load:18.66, Inflammation Score:-5, Nutrition Score:20.691738906114%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 413.8kcal (20.69%), Fat: 16.42g (25.26%), Saturated Fat: 7.07g (44.17%), Carbohydrates: 51.23g (17.08%), Net Carbohydrates: 46.93g (17.07%), Sugar: 4.29g (4.77%), Cholesterol: 74.07mg (24.69%), Sodium: 2142.56mg (93.15%), Alcohol: 0.77g (100%), Alcohol %: 0.44% (100%), Protein: 15.65g (31.29%), Copper: 1.98mg (99.13%), Selenium: 53.6µg (76.56%), Manganese: 0.82mg (41.17%), Phosphorus: 330.66mg (33.07%), Vitamin B5: 2.3mg (23.04%), Calcium: 214.66mg (21.47%), Vitamin B6: 0.41mg (20.75%), Vitamin B3: 3.99mg (19.94%), Vitamin B2: 0.3mg (17.7%), Fiber: 4.3g (17.2%), Zinc: 2.48mg (16.51%), Magnesium: 62.13mg (15.53%), Potassium: 458.86mg (13.11%), Iron: 1.85mg (10.26%), Vitamin B1: 0.14mg (9.2%), Folate: 36.37µg (9.09%), Vitamin A: 366.61IU (7.33%), Vitamin E: 1.04mg (6.9%), Vitamin B12: 0.36µg (5.97%), Vitamin D: 0.84µg (5.63%), Vitamin K: 4.29µg (4.09%), Vitamin C: 1.86mg (2.26%)