



Pappardelle with Wild Mushrooms

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 ounces fontina shredded
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups milk 1% low-fat

- ☐ 4 ounce pre exotic mushroom blend such as shiitake, cremini, and oyster
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 12 ounces pappardelle uncooked wide ribbon pasta
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 cup shallots diced 2

Equipment

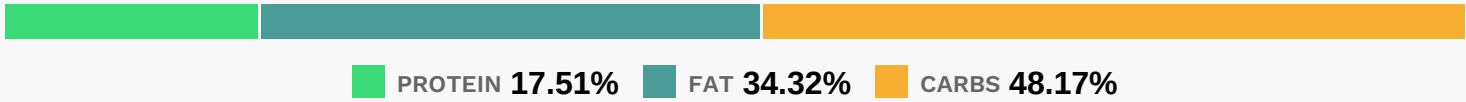
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, shallots, and garlic to pan; saut 3 minutes or until tender.
- ☐ Add mushrooms; saut 5 minutes or until mushrooms are tender.
- ☐ Add wine, oregano, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook 2 minutes or until liquid evaporates. Set aside.
- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add flour to pan; cook 2 minutes, stirring constantly.
- ☐ Add milk and broth, stirring with a whisk until smooth; bring to a boil. Cook 2 minutes or until thick, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Add cheese, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; stir until smooth. Stir in mushroom mixture. Keep warm.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Place 3/4 cup pasta in each of 8 shallow bowls. Top each serving with 1/2 cup mushroom mixture.

- ☐ Garnish with parsley, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:14.99, Inflammation Score:-6, Nutrition Score:14.783478249674%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 346.45kcal (17.32%), Fat: 12.94g (19.91%), Saturated Fat: 6.79g (42.45%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 38.1g (13.85%), Sugar: 5.93g (6.59%), Cholesterol: 70.12mg (23.37%), Sodium: 428.33mg (18.62%), Alcohol: 1.54g (100%), Alcohol %: 0.92% (100%), Protein: 14.86g (29.72%), Selenium: 47.05µg (67.21%), Phosphorus: 292.14mg (29.21%), Manganese: 0.57mg (28.5%), Calcium: 209.78mg (20.98%), Vitamin B2: 0.34mg (19.82%), Copper: 0.32mg (16.12%), Zinc: 2.34mg (15.6%), Vitamin B6: 0.29mg (14.72%), Vitamin B3: 2.87mg (14.34%), Vitamin B5: 1.38mg (13.76%), Vitamin B12: 0.81µg (13.55%), Potassium: 447.42mg (12.78%), Magnesium: 45.65mg (11.41%), Fiber: 2.78g (11.1%), Vitamin B1: 0.16mg (10.88%), Folate: 34.81µg (8.7%), Iron: 1.5mg (8.33%), Vitamin A: 400.48IU (8.01%), Vitamin D: 0.83µg (5.51%), Vitamin K: 3.65µg (3.48%), Vitamin E: 0.51mg (3.39%), Vitamin C: 2.16mg (2.62%)