



Pasta and Mushrooms with Parmesan Crumb Topping

READY IN



1500 min.

SERVINGS



4

CALORIES



776 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 2.8 cups breadcrumbs fresh french italian (from an or loaf)
- 1.3 pounds crimini mushrooms fresh trimmed quartered
- 0.5 cup the following: parmesan rind) dried
- 0.3 cup parsley fresh finely chopped
- 2 garlic clove finely chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion finely chopped

- 1 teaspoon oregano dried crumbled
- 1 cup parmesan finely grated
- 0.5 pound soup noodles
- 0.5 teaspoon salt
- 2 tablespoons butter unsalted
- 1 cup vegetable broth reduced-sodium
- 0.5 cup water

Equipment

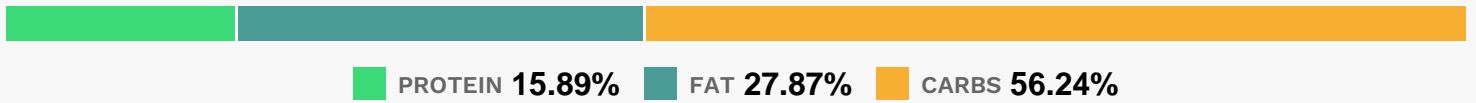
- bowl
- frying pan
- oven
- pot
- sieve
- baking pan
- colander

Directions

- Put oven rack in middle position and preheat oven to 425°F. Butter a 13- by 9-inch or other 3-quart glass or ceramic baking dish.
- Soak porcini in boiling-hot water in a bowl until softened, about 20 minutes.
- Spread out crumbs in a shallow baking pan and bake, stirring occasionally, until golden, about 6 minutes. Cool completely in pan on a rack, then toss with garlic, parsley, olive oil, pepper, and 1/2 cup cheese.
- Drain porcini in a paper-towel-lined sieve set over a bowl and reserve soaking liquid, then rinse porcini to remove any grit. Pat dry and finely chop.
- Heat butter and extra-virgin olive oil in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté onion and garlic, stirring, until onion is golden, about 8 minutes.
- Add cremini mushrooms, oregano, salt, and pepper and sauté, stirring occasionally, until liquid mushrooms give off is evaporated and mushrooms are browned, about 10 minutes.

- Stir in chopped porcini, reserved soaking liquid, and broth and simmer 1 minute.
- Meanwhile, cook pasta in a 6- to 8-quart pot of boiling salted water, uncovered, until al dente.
- Drain in a colander, then transfer to baking dish and stir in mushroom mixture and remaining 1/2 cup cheese.
- Sprinkle bread topping evenly over pasta and bake, uncovered, until crumbs are golden, 15 to 20 minutes.
- Bread-crumb topping can be made 1 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:18.01, Inflammation Score:-9, Nutrition Score:40.491739013921%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 775.68kcal (38.78%), Fat: 24.2g (37.24%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 109.88g (36.63%), Net Carbohydrates: 102.31g (37.2%), Sugar: 10.33g (11.48%), Cholesterol: 32.05mg (10.68%), Sodium: 1253.75mg (54.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.08%), Selenium: 99.09µg (141.56%), Vitamin K: 95.53µg (90.99%), Manganese: 1.56mg (78.01%), Vitamin B2: 1.17mg (69.09%), Copper: 1.28mg (64.21%), Vitamin B1: 0.95mg (63.02%), Phosphorus: 599.35mg (59.93%), Vitamin B3: 11.97mg (59.86%), Calcium: 496.98mg (49.7%), Vitamin B5: 3.74mg (37.36%), Folate: 146.83µg (36.71%), Iron: 5.79mg (32.16%), Potassium: 1067.32mg (30.49%), Fiber: 7.57g (30.27%), Zinc: 4.53mg (30.22%), Magnesium: 97.99mg (24.5%), Vitamin B6: 0.44mg (22.23%), Vitamin A: 801.25IU (16.03%), Vitamin B12: 0.71µg (11.89%), Vitamin C: 9.29mg (11.26%), Vitamin E: 1.5mg (9.99%), Vitamin D: 0.51µg (3.39%)