



Pasta con Champiñones (Pasta with Mushroom Sauce)

READY IN



45 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 Tablespoons butter
- ☐ 0.5 cup basil fresh
- ☐ 4 garlic cloves crushed
- ☐ 0.3 cup olive oil
- ☐ 0.3 onion finely chopped
- ☐ 1 pound soup noodles dried
- ☐ 2 pounds portabello mushrooms organic sliced
- ☐ 6 servings salt and pepper to taste

- ☐ 3 thyme sprigs fresh
- ☐ 0.5 cup vegetable stock

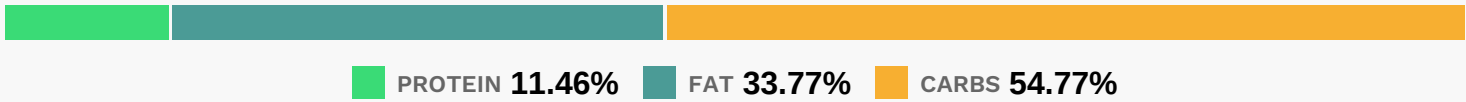
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a large, heavy pan over medium heat, warm the olive oil and butter.
- ☐ Add the onion and garlic and sauté until golden and fragrant, about 2 minutes.
- ☐ Add the mushrooms and sauté, stirring with a wooden spoon, until they begin to soften, 3 to 4 minutes. Increase the heat to high, add the wine or stock and thyme.Cook, stirring constantly, about 3 minutes. Reduce the heat to low, season with salt and pepper and continue to cook, stirring often, until the mushrooms are cooked through and all the liquid has evaporated, about 15 minutes more.
- ☐ Add the fresh basil.Meanwhile, bring a large pot with water to a boil over high heat. Salt the boiling water, add the pasta and cook until al dente, about 8 minutes.
- ☐ Drain, reserving about 1/4 cup of the cooking water.When the mushrooms are ready, remove from the heat.
- ☐ Add the pasta and toss, adding the reserved cooking water if the pasta seems too dry.
- ☐ Serve with a green salad

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:23.13, Inflammation Score:-7, Nutrition Score:19.369130450746%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg,

Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.97mg, Quercetin:
0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 460.03kcal (23%), Fat: 17.49g (26.91%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 63.82g (21.27%),
Net Carbohydrates: 59.21g (21.53%), Sugar: 6.19g (6.88%), Cholesterol: 10.03mg (3.34%), Sodium: 321.16mg
(13.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.36g (26.71%), Selenium: 76.26µg (108.94%),
Manganese: 0.87mg (43.45%), Vitamin B3: 8.13mg (40.64%), Copper: 0.67mg (33.46%), Phosphorus: 313.33mg
(31.33%), Potassium: 743.88mg (21.25%), Vitamin B5: 2.08mg (20.78%), Fiber: 4.61g (18.43%), Vitamin B6: 0.37mg
(18.32%), Vitamin K: 15.98µg (15.22%), Vitamin B2: 0.25mg (14.75%), Folate: 58.6µg (14.65%), Vitamin E: 1.97mg
(13.12%), Zinc: 1.93mg (12.85%), Vitamin B1: 0.16mg (10.97%), Magnesium: 43.2mg (10.8%), Iron: 1.72mg (9.53%),
Vitamin A: 287.86IU (5.76%), Calcium: 32.01mg (3.2%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.12mg (2.57%),
Vitamin B12: 0.08µg (1.39%)