



WHATSheATE



Pasta with Caramelized Onions, Mushrooms, and Bell Pepper



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups julienne-cut bell pepper red (3 x)
- ☐ 0.3 teaspoon pepper black
- ☐ 2.5 cups caramelized onions
- ☐ 8 cups farfalle pasta hot cooked uncooked (1 pound bow tie pasta)
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup cup heavy whipping cream sour low-fat

- ☐ 1 cup low-salt chicken broth
- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon teaspoon oregano dried fresh chopped
- ☐ 0.5 teaspoon salt

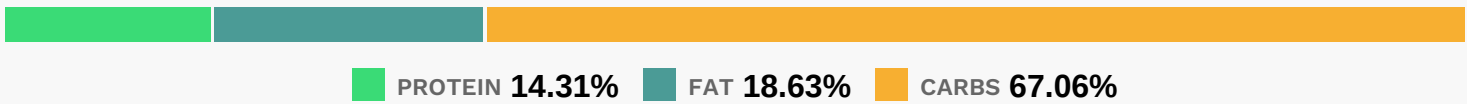
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add sliced mushrooms and bell pepper; saut 4 minutes.
- ☐ Add minced garlic, and saut 30 seconds.
- ☐ Add Caramelized Onions, chicken broth, salt, black pepper, and red pepper; bring to a simmer.
- ☐ Remove from heat; stir in sour cream and oregano.
- ☐ Serve over pasta, and garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:34.42, Glycemic Load:22.4, Inflammation Score:-10, Nutrition Score:19.562173744907%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 4.93mg, Isorhamnetin: 4.93mg, Isorhamnetin: 4.93mg, Isorhamnetin: 4.93mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 20.09mg, Quercetin: 20.09mg, Quercetin: 20.09mg, Quercetin: 20.09mg

Nutrients (% of daily need)

Calories: 347.59kcal (17.38%), Fat: 7.32g (11.26%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 53.31g (19.39%), Sugar: 7.93g (8.82%), Cholesterol: 10.06mg (3.35%), Sodium: 239.76mg

(10.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.3%), Vitamin C: 72.23mg (87.56%), Selenium: 41.4µg (59.14%), Manganese: 0.71mg (35.63%), Vitamin A: 1678.41IU (33.57%), Fiber: 5.98g (23.9%), Vitamin B6: 0.4mg (20.05%), Phosphorus: 188.82mg (18.88%), Vitamin B2: 0.3mg (17.68%), Copper: 0.34mg (16.95%), Folate: 62.76µg (15.69%), Iron: 2.82mg (15.69%), Vitamin B3: 3.12mg (15.62%), Potassium: 540.26mg (15.44%), Magnesium: 49.89mg (12.47%), Vitamin B5: 1.01mg (10.13%), Vitamin E: 1.48mg (9.88%), Vitamin B1: 0.15mg (9.69%), Calcium: 94.72mg (9.47%), Zinc: 1.41mg (9.39%), Vitamin K: 9.75µg (9.29%), Vitamin B12: 0.18µg (2.92%)