



Pasta with Creamy Herb Mushroom Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz pappardelle uncooked
- 2 tablespoons butter
- 1 medium onion sweet separated thinly sliced
- 16 oz mushrooms wild
- 2 teaspoons sage fresh chopped
- 1 teaspoon thyme sprigs fresh chopped
- 1 cup whipping cream
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon salt

- 0.3 teaspoon pepper freshly ground
- 1 leaves thyme leaves fresh

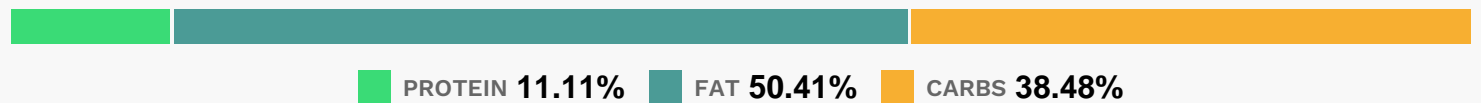
Equipment

- frying pan

Directions

- Cook and drain pasta as directed on package; cover to keep warm.
- Meanwhile, in 12-inch nonstick skillet, melt butter over medium-high heat. Cook onion in butter 8 to 10 minutes, stirring occasionally, until soft and golden.
- Add mushrooms, chopped sage and thyme; cook until mushrooms are tender, about 5 minutes. Stir in whipping cream, cheese, salt and pepper.
- Pour sauce over cooked pasta; toss gently to coat.
- Garnish with herbs.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:12.38, Inflammation Score:-8, Nutrition Score:18.269565229831%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 393.69kcal (19.68%), Fat: 22.55g (34.69%), Saturated Fat: 11.66g (72.89%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 34.96g (12.71%), Sugar: 6.44g (7.16%), Cholesterol: 83.82mg (27.94%), Sodium: 413.59mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Copper: 2.28mg (114.15%), Selenium: 38.48µg (54.97%), Manganese: 0.63mg (31.63%), Phosphorus: 268.48mg (26.85%), Vitamin B6: 0.4mg (19.9%), Vitamin B3: 3.84mg (19.21%), Vitamin B2: 0.32mg (18.68%), Vitamin A: 870.31IU (17.41%), Vitamin B5: 1.67mg (16.68%), Fiber: 3.77g (15.09%), Zinc: 2.06mg (13.7%), Calcium: 133.91mg (13.39%), Potassium: 449.71mg (12.85%),

Magnesium: 49.92mg (12.48%), Folate: 35.85µg (8.96%), Iron: 1.42mg (7.89%), Vitamin B1: 0.11mg (7.41%), Vitamin D: 1.09µg (7.28%), Vitamin B12: 0.29µg (4.84%), Vitamin E: 0.7mg (4.69%), Vitamin C: 3.7mg (4.48%), Vitamin K: 1.9µg (1.81%)