



Pasta with Monster Mushroom Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

☐ 1 cup whipping cream

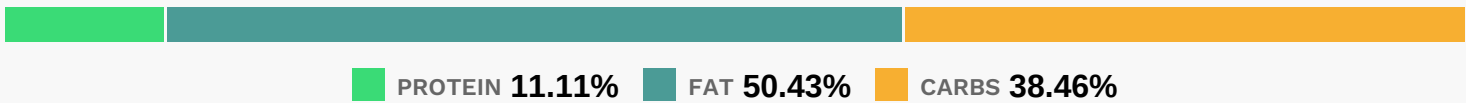
Equipment

☐ 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:25.5, Glycemic Load:12.37, Inflammation Score:-8, Nutrition Score:18.216521760692%

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: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg 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: 393.52kcal (19.68%), Fat: 22.54g (34.68%), Saturated Fat: 11.66g (72.89%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 34.94g (12.7%), Sugar: 6.44g (7.16%), Cholesterol: 83.82mg (27.94%), Sodium: 413.57mg (17.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Copper: 2.28mg (114.11%), Selenium: 38.48µg (54.97%), Manganese: 0.63mg (31.48%), Phosphorus: 268.31mg (26.83%), Vitamin B6: 0.4mg (19.87%), Vitamin B3: 3.84mg (19.19%), Vitamin B2: 0.32mg (18.63%), Vitamin A: 862.39IU (17.25%), Vitamin B5: 1.67mg (16.67%), Fiber: 3.75g (15%), Zinc: 2.05mg (13.68%), Calcium: 133.23mg (13.32%), Potassium: 448.7mg (12.82%), Magnesium: 49.66mg (12.41%), Folate: 35.78µg (8.94%), Iron: 1.39mg (7.73%), 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: 3.43mg (4.16%),
Vitamin K: 1.9µg (1.81%)