



## Pasta with Mushroom and Zucchini Sauce

READY IN



40 min.

SERVINGS



8

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 2 tablespoons cake flour
- 1 pound farfalle pasta (bow tie)
- 1 pound mushrooms fresh
- 1 pound mushrooms fresh
- 2 cloves garlic minced
- 2 cups half and half
- 1 onion
- 10 zucchini

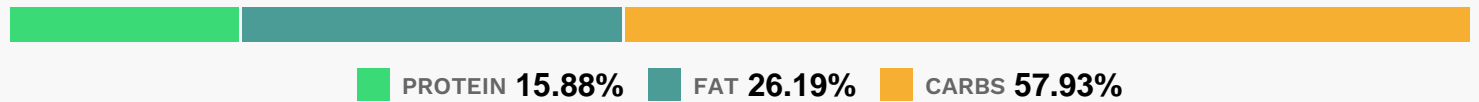
## Equipment

- food processor
- frying pan
- pot

## Directions

- Roughly chop zucchini and onion and process mushrooms, zucchini and onion in a food processor until finely chopped.
- Melt butter in a large skillet over medium heat. Stir in garlic and chopped vegetables. Reduce heat, cover and simmer 20 minutes, until tender and juicy.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Stir flour into vegetables. Stir in cream or milk and season to taste.
- Let simmer 10 minutes more, then toss with cooked pasta.

## Nutrition Facts



## Properties

Glycemic Index:36.88, Glycemic Load:19.79, Inflammation Score:-8, Nutrition Score:25.738695590392%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

## Nutrients (% of daily need)

Calories: 394.24kcal (19.71%), Fat: 11.87g (18.26%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 59.06g (19.69%), Net Carbohydrates: 53.37g (19.41%), Sugar: 12.98g (14.42%), Cholesterol: 28.7mg (9.57%), Sodium: 88.79mg (3.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.39%), Selenium: 49.71µg (71.02%), Vitamin C: 48.03mg (58.22%), Manganese: 1.05mg (52.58%), Vitamin B2: 0.84mg (49.67%), Phosphorus: 362.93mg (36.29%), Potassium: 1232.03mg (35.2%), Copper: 0.67mg (33.53%), Vitamin B6: 0.65mg (32.73%), Vitamin B3: 6.27mg (31.34%), Vitamin B5: 2.65mg (26.49%), Folate: 93.42µg (23.35%), Magnesium: 92.48mg (23.12%), Fiber: 5.69g

(22.76%), Vitamin B1: 0.28mg (18.71%), Zinc: 2.46mg (16.39%), Vitamin A: 792.01IU (15.84%), Iron: 2.3mg (12.77%), Calcium: 124.87mg (12.49%), Vitamin K: 11.7µg (11.14%), Vitamin E: 0.61mg (4.07%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.23µg (1.51%)