



## Pasta with Mushroom Sauce

 Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup flat-leaf parsley italian chopped
- 0.3 cup heavy cream
- 0.9 ounce garlic-mushroom recipe soup mix
- 1.5 pounds pre- mushrooms assorted
- 2 tablespoons olive oil
- 0.5 cup parmesan grated
- 1 pound penne pasta
- 1 small bell pepper sweet red sliced

2 cups water

## Equipment

bowl

frying pan

whisk

## Directions

Watch how to make this recipe.

Whisk together soup mix and water in medium-size bowl; set aside.

Cook pasta according to package directions.

Meanwhile, heat oil in large skillet.

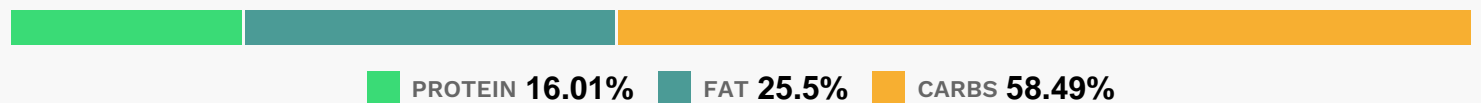
Add sweet pepper and mushrooms; saute until partially tender, about 10 minutes. Stir in soup mixture. Increase heat to medium-high; cook, uncovered, until slightly thickened, about 8 minutes. Stir in 1/4 cup Parmesan, the parsley and the heavy cream; cook another 1 minute or until heated through.

Drain the pasta well; transfer the pasta to a large serving bowl.

Add mushroom sauce and the remaining 1/4 cup Parmesan; toss to mix well.

Serve the pasta immediately.

## Nutrition Facts



## Properties

Glycemic Index:32.83, Glycemic Load:23.85, Inflammation Score:-8, Nutrition Score:23.619565466176%

## Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 419.51kcal (20.98%), Fat: 12.02g (18.5%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 62.05g (20.68%), Net Carbohydrates: 57.96g (21.08%), Sugar: 5.28g (5.87%), Cholesterol: 16.87mg (5.62%), Sodium: 154.1mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.98%), Selenium: 60.76µg (86.8%), Vitamin K: 85.95µg (81.86%), Manganese: 0.78mg (38.99%), Vitamin B2: 0.57mg (33.66%), Phosphorus: 314.86mg (31.49%), Copper: 0.61mg (30.55%), Vitamin C: 24.88mg (30.15%), Vitamin B3: 5.76mg (28.79%), Vitamin B5: 2.21mg (22.09%), Vitamin A: 1018.22IU (20.36%), Potassium: 612.98mg (17.51%), Fiber: 4.08g (16.33%), Magnesium: 60.25mg (15.06%), Vitamin B6: 0.29mg (14.46%), Zinc: 2.04mg (13.63%), Calcium: 134.75mg (13.48%), Folate: 47.69µg (11.92%), Vitamin B1: 0.18mg (11.78%), Iron: 2.03mg (11.3%), Vitamin E: 1.11mg (7.39%), Vitamin D: 0.44µg (2.96%), Vitamin B12: 0.16µg (2.69%)