



## Pasta with Mushrooms and Kasha

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 1.5 pounds mushrooms thinly sliced
- 4.5 cups farfalle pasta
- 0.5 cup parsley fresh chopped
- 4 servings salt and pepper
- 0.3 cup olive oil
- 2 onion chopped
- 0.5 cup frangelico

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## Equipment

frying pan

pot

## Directions

Bring a large pot of water to a boil and add 1 tablespoon salt.

Add the pasta and kasha and cook until the pasta is al dente and the kasha is just tender, 10 to 12 minutes. Reserve 1 cup of the cooking water, drain, and return the pasta and kasha to the pot. Meanwhile, heat the oil in a large skillet over medium heat.

Add the onions and cook, stirring occasionally, until golden, 12 to 15 minutes.

Add the mushrooms and cook, stirring occasionally, until tender, 8 to 10 minutes.

Add the mushroom mixture to the drained pasta and kasha. Stir in the parsley, butter, reserved pasta water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Note: This is a classic Eastern European Jewish dish called kasha varnishkes.

## Nutrition Facts



**PROTEIN 12.1%** **FAT 38.05%** **CARBS 49.85%**

## Properties

Glycemic Index:45.75, Glycemic Load:22.7, Inflammation Score:-8, Nutrition Score:25.92608699073%

## Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

## Nutrients (% of daily need)

Calories: 482.08kcal (24.1%), Fat: 20.89g (32.14%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 61.56g (20.52%), Net Carbohydrates: 56.52g (20.55%), Sugar: 7.57g (8.41%), Cholesterol: 15.05mg (5.02%), Sodium: 258.02mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.89%), Vitamin K: 131.9µg (125.62%),

Selenium: 58.83µg (84.05%), Vitamin B2: 0.75mg (44.05%), Manganese: 0.78mg (39.12%), Copper: 0.77mg (38.44%), Vitamin B3: 7.45mg (37.26%), Phosphorus: 295.84mg (29.58%), Vitamin B5: 2.94mg (29.43%), Potassium: 815.14mg (23.29%), Vitamin C: 17.62mg (21.35%), Fiber: 5.04g (20.17%), Vitamin B6: 0.35mg (17.29%), Vitamin A: 807.83IU (16.16%), Folate: 63.13µg (15.78%), Vitamin B1: 0.23mg (15.38%), Magnesium: 60.48mg (15.12%), Vitamin E: 2.26mg (15.1%), Zinc: 2.02mg (13.45%), Iron: 2.39mg (13.26%), Calcium: 44.21mg (4.42%), Vitamin D: 0.34µg (2.27%), Vitamin B12: 0.08µg (1.33%)