



Pasta with Mushrooms and Pine Nuts

READY IN



45 min.

SERVINGS



10

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons basil dried whole
- 2 tablespoons parsley fresh chopped
- 3.5 ounces mushroom caps fresh thinly sliced
- 1 teaspoon garlic minced
- 6.5 ounces pasta uncooked
- 1 cup no-salt-added chicken broth undiluted canned
- 2 tablespoons parmesan cheese grated
- 0.5 teaspoon pepper freshly ground
- 0.3 cup pinenuts toasted

- 0.5 cup roasted peppers in water red drained cut into thin strips
- 0.5 cup shallots chopped
- 1.5 ounces sun-dried tomatoes
- 0.5 cup water hot

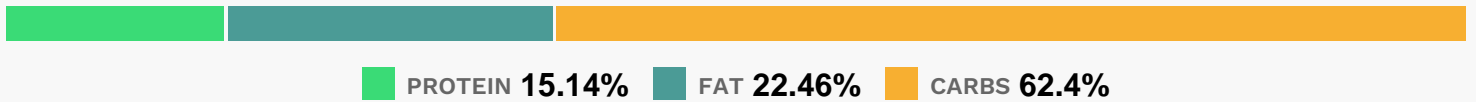
Equipment

- bowl
- frying pan

Directions

- Combine tomatoes and water in a small bowl; cover and let stand 15 minutes.
- Drain tomatoes, and slice thinly; set aside.
- Cook pasta according to package directions, omitting salt and fat.
- Drain and set aside.
- Place chicken broth in a large nonstick skillet; bring to a boil.
- Add mushrooms, shallots, and garlic; cook, uncovered, over medium heat 5 minutes.
- Add tomato, basil, and ground pepper. Cook, covered, 10 minutes.
- Add reserved pasta, pepper strips, pine nuts, and cheese; stir well. Cover and cook an additional 5 minutes or until thoroughly heated.
- Sprinkle with fresh parsley, and serve immediately.
- Garnish with fresh basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:6.75, Inflammation Score:-4, Nutrition Score:7.8665218120036%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 124.64kcal (6.23%), Fat: 3.24g (4.98%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 18.14g (6.6%), Sugar: 3.42g (3.8%), Cholesterol: 0.87mg (0.29%), Sodium: 129.71mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Manganese: 0.65mg (32.63%), Vitamin K: 20.5µg (19.52%), Selenium: 13.04µg (18.62%), Copper: 0.21mg (10.69%), Phosphorus: 104.03mg (10.4%), Potassium: 321.35mg (9.18%), Magnesium: 34.5mg (8.62%), Vitamin C: 7.05mg (8.55%), Fiber: 2.08g (8.33%), Vitamin B3: 1.64mg (8.2%), Iron: 1.35mg (7.5%), Vitamin B6: 0.14mg (6.82%), Zinc: 0.82mg (5.47%), Vitamin B2: 0.08mg (4.69%), Vitamin B1: 0.06mg (4.23%), Folate: 15.71µg (3.93%), Vitamin B5: 0.38mg (3.76%), Calcium: 33.24mg (3.32%), Vitamin A: 153.12IU (3.06%), Vitamin E: 0.37mg (2.49%)