

Pastachutta

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 8 ounce mushrooms fresh sliced
- 4 cloves garlic thinly sliced
- 1 onion chopped
- 8 servings salt and pepper to taste
- 16 ounce pasta like spaghetti

Equipment

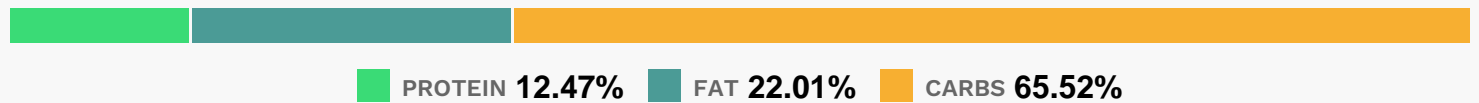
- frying pan

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add spaghetti and cook for 8 to 10 minutes or until al dente; drain, but do not rinse.
- Meanwhile, melt butter in a large skillet over medium-high heat.
- Saute garlic, mushrooms and onion until tender. Toss with cooked spaghetti. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:17.65, Inflammation Score:-4, Nutrition Score:8.8239129367082%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 275.19kcal (13.76%), Fat: 6.73g (10.35%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 42.68g (15.52%), Sugar: 2.68g (2.97%), Cholesterol: 15.25mg (5.08%), Sodium: 245.03mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.15%), Selenium: 38.82µg (55.46%), Manganese: 0.58mg (28.83%), Phosphorus: 139.53mg (13.95%), Copper: 0.26mg (13.2%), Vitamin B3: 2.02mg (10.08%), Fiber: 2.36g (9.45%), Vitamin B2: 0.16mg (9.16%), Magnesium: 34.5mg (8.62%), Vitamin B6: 0.15mg (7.27%), Vitamin B5: 0.7mg (7.02%), Potassium: 244.42mg (6.98%), Zinc: 0.99mg (6.63%), Vitamin B1: 0.08mg (5.58%), Iron: 0.94mg (5.2%), Folate: 17.9µg (4.47%), Vitamin A: 177.68IU (3.55%), Vitamin C: 2.08mg (2.52%), Calcium: 20.46mg (2.05%), Vitamin E: 0.23mg (1.56%)