



Penne with Asparagus and Mushrooms

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch asparagus fresh trimmed chopped
- ☐ 14.5 ounce canned tomatoes pureed canned
- ☐ 10 ounce mushrooms fresh sliced
- ☐ 2 cloves garlic crushed
- ☐ 1 cup heavy cream
- ☐ 0.5 cup olive oil
- ☐ 16 ounce penne pasta uncooked
- ☐ 8 servings salt and pepper to taste

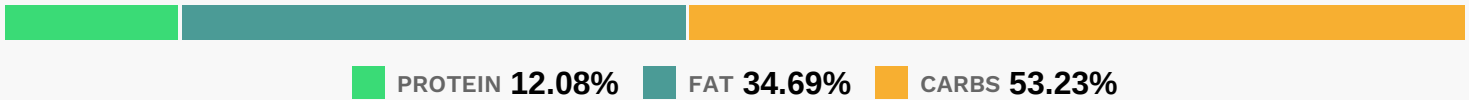
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the olive oil in a skillet over medium heat, and saute the garlic until lightly browned.
- ☐ Place mushrooms in the skillet, and cook 5 minutes.
- ☐ Mix in asparagus, and cook 5 minutes, or until tender. Stir in the tomatoes. Season with salt and pepper. Reduce heat to low, and simmer 20 minutes.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place penne pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.
- ☐ Mix the heavy cream into the skillet, and continue cooking 10 minutes, until sauce is thickened.
- ☐ Serve over the cooked pasta.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:18.72, Inflammation Score:-7, Nutrition Score:16.692608574162%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 371.98kcal (18.6%), Fat: 14.63g (22.51%), Saturated Fat: 7.43g (46.46%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 46.17g (16.79%), Sugar: 6.41g (7.12%), Cholesterol: 33.62mg (11.21%), Sodium: 276.13mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Selenium: 41.73µg (59.62%), Manganese: 0.73mg (36.64%), Vitamin K: 28.77µg (27.4%), Copper: 0.48mg (24.13%), Phosphorus: 201.73mg (20.17%), Vitamin

B2: 0.34mg (19.96%), Vitamin A: 973.12IU (19.46%), Fiber: 4.34g (17.37%), Vitamin B3: 3.45mg (17.23%), Iron: 2.85mg (15.81%), Potassium: 534.64mg (15.28%), Vitamin B1: 0.21mg (13.74%), Magnesium: 53.67mg (13.42%), Vitamin E: 2.01mg (13.38%), Folate: 53.37µg (13.34%), Vitamin B6: 0.27mg (13.27%), Vitamin B5: 1.15mg (11.52%), Vitamin C: 9.03mg (10.95%), Zinc: 1.51mg (10.05%), Calcium: 65.08mg (6.51%), Vitamin D: 0.55µg (3.65%), Vitamin B12: 0.06µg (1.03%)