



 **62%**  
HEALTH SCORE

## Penne with Mushroom Pesto

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup parmesan freshly grated
- 0.3 cup pinenuts
- 1 garlic clove with 1/4 teaspoon salt minced mashed
- 1 pound penne pasta (ridged penne)
- 4 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon worcestershire sauce
- 0.5 cup parsley fresh dry washed packed well
- 1 tablespoon sherry

- 10 ounce mushrooms fresh white chopped fine (preferably in a food processor)

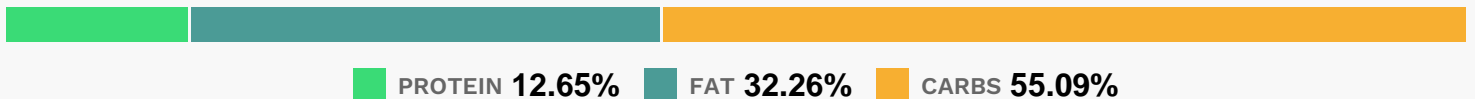
## Equipment

- food processor
- bowl
- frying pan
- whisk
- plastic wrap

## Directions

- In a 6-quart kettle bring 5 quarts salted water to a boil for pasta.
- In a 10- to 12-inch non-stick skillet heat 1 tablespoon oil over moderately high heat until hot but not smoking and sauté mushrooms with Worcestershire sauce, Sherry, and salt and pepper to taste, stirring, until liquid mushrooms give off is evaporated and mushrooms begin to brown, about 10 minutes.
- In a food processor purée mushroom mixture with garlic, pine nuts, Parmesan, and remaining 3 tablespoons oil.
- Add parsley and blend until parsley is chopped fine. Pesto keeps, surface covered with plastic wrap, chilled, 1 week.
- Cook pasta in boiling water until al dente. Reserve 1 cup cooking water and drain pasta.
- In a large bowl whisk together pesto and 2/3 cup reserved hot cooking water.
- Add pasta and toss well, thinning pesto, if necessary, with remaining reserved cooking water.

## Nutrition Facts



## Properties

Glycemic Index:29.67, Glycemic Load:23.18, Inflammation Score:-6, Nutrition Score:19.502608397733%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 434.34kcal (21.72%), Fat: 15.6g (24%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 59.95g (19.98%), Net Carbohydrates: 56.68g (20.61%), Sugar: 3.54g (3.94%), Cholesterol: 2.83mg (0.94%), Sodium: 113.79mg (4.95%), Alcohol: 0.26g (100%), Alcohol %: 0.21% (100%), Protein: 13.76g (27.52%), Vitamin K: 90.84µg (86.52%), Selenium: 53.24µg (76.06%), Manganese: 1.23mg (61.53%), Phosphorus: 250.59mg (25.06%), Copper: 0.46mg (22.95%), Vitamin B3: 3.34mg (16.7%), Vitamin B2: 0.27mg (15.97%), Magnesium: 63.52mg (15.88%), Vitamin E: 2.01mg (13.37%), Fiber: 3.28g (13.1%), Zinc: 1.86mg (12.38%), Potassium: 410.49mg (11.73%), Iron: 2.09mg (11.62%), Vitamin B5: 1.09mg (10.94%), Vitamin C: 8.21mg (9.95%), Vitamin A: 457.66IU (9.15%), Vitamin B1: 0.14mg (9.05%), Vitamin B6: 0.18mg (8.88%), Folate: 31.71µg (7.93%), Calcium: 78.68mg (7.87%), Vitamin B12: 0.07µg (1.15%)