



WHATSheATE



Penne with Mushroom-Tomato-Cream Sauce

READY IN



30 min.

SERVINGS



5

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz penne pasta uncooked
- ☐ 3 oz pancetta chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cloves garlic finely chopped
- ☐ 8 oz crimini mushrooms sliced
- ☐ 28 oz canned tomatoes with basil, undrained organic crushed canned
- ☐ 0.5 cup whipping cream
- ☐ 2 cups baby spinach fresh packed

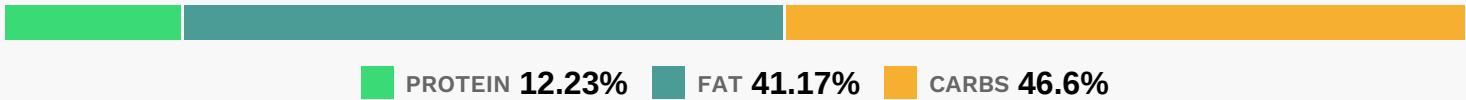
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Cook and drain pasta as directed on box. Return to saucepan; keep warm.
- ☐ Meanwhile, in 12-inch skillet or Dutch oven, cook pancetta over medium heat until crisp.
- ☐ Remove pancetta to paper towels to drain. In same skillet, heat oil over medium heat. Cook garlic and mushrooms in oil 3 to 4 minutes, stirring frequently, until mushrooms are tender. Stir in tomatoes.
- ☐ Heat to boiling. Reduce heat; simmer 5 minutes, stirring occasionally. Stir in whipping cream; heat just until hot. Stir in pasta.
- ☐ Add spinach; toss until spinach is wilted.
- ☐ Sprinkle individual servings with pancetta.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:17.03, Inflammation Score:-9, Nutrition Score:23.789999858193%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 409.51kcal (20.48%), Fat: 19.29g (29.68%), Saturated Fat: 8.35g (52.22%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 44.09g (16.03%), Sugar: 9.73g (10.82%), Cholesterol: 38.12mg (12.71%), Sodium: 343.72mg (14.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.79%), Vitamin K: 72.2µg

(68.77%), Selenium: 45.84µg (65.48%), Manganese: 0.9mg (45.03%), Vitamin A: 1822.83IU (36.46%), Copper: 0.68mg (33.87%), Vitamin B3: 5.23mg (26.15%), Potassium: 897.58mg (25.65%), Vitamin B2: 0.41mg (24.39%), Phosphorus: 236.98mg (23.7%), Vitamin C: 18.49mg (22.42%), Vitamin B6: 0.44mg (22.21%), Fiber: 5.03g (20.12%), Vitamin E: 2.8mg (18.65%), Magnesium: 73.36mg (18.34%), Iron: 3.27mg (18.19%), Vitamin B1: 0.27mg (17.76%), Folate: 64.41µg (16.1%), Vitamin B5: 1.49mg (14.87%), Zinc: 1.9mg (12.68%), Calcium: 102.28mg (10.23%), Vitamin D: 0.49µg (3.29%), Vitamin B12: 0.17µg (2.81%)