



Penne with Mushrooms

READY IN



35 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 pound button mushrooms sliced
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounce penne pasta dry
- ☐ 4 servings salt and pepper black freshly ground to taste

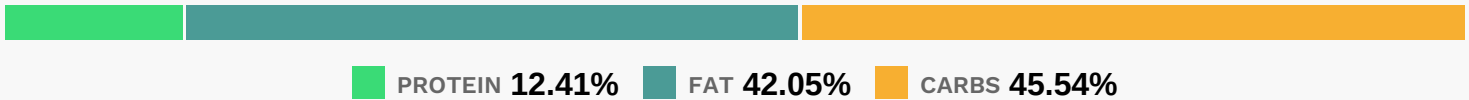
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place the penne pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.
- ☐ Heat the oil in a large skillet over medium heat, and cook the garlic and mushrooms until mushrooms are tender. Season with salt and pepper, and mix in the butter.
- ☐ In a large bowl, toss the cooked pasta and the mushroom mixture.
- ☐ Sprinkle with Parmesan cheese and garnish with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:17.92, Inflammation Score:-4, Nutrition Score:15.258260716563%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 407.43kcal (20.37%), Fat: 19.34g (29.75%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 44.13g (16.05%), Sugar: 3.77g (4.19%), Cholesterol: 12.96mg (4.32%), Sodium: 141.39mg (6.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.67%), Selenium: 48.71µg (69.59%), Vitamin B2: 0.51mg (30.22%), Manganese: 0.6mg (30.19%), Copper: 0.53mg (26.53%), Vitamin B3: 5.07mg (25.35%), Phosphorus: 246.48mg (24.65%), Vitamin B5: 1.97mg (19.72%), Potassium: 504.06mg (14.4%), Vitamin E: 2.13mg (14.22%), Fiber: 2.99g (11.96%), Zinc: 1.67mg (11.15%), Magnesium: 42.89mg (10.72%), Vitamin B6: 0.21mg (10.66%), Vitamin B1: 0.15mg (9.76%), Vitamin K: 9.33µg (8.88%), Iron: 1.43mg (7.96%), Folate: 30.06µg (7.52%), Calcium: 73.39mg (7.34%), Vitamin C: 2.67mg (3.23%), Vitamin A: 145.3IU (2.91%), Vitamin B12: 0.14µg (2.26%), Vitamin D:

0.26µg (1.72%)