



Penne with Oyster Mushrooms, Prosciutto, and Mint

READY IN



40 min.

SERVINGS



4

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper black freshly ground
- 0.5 cup chicken broth
- 1 cup fontina italian grated
- 2 cloves garlic thinly sliced
- 1 tablespoon kosher salt
- 0.5 cup mint leaves chopped
- 3 tablespoons olive oil
- 1 pound oyster mushrooms sliced

- 0.5 pound penne pasta
- 2 slices pancetta chopped

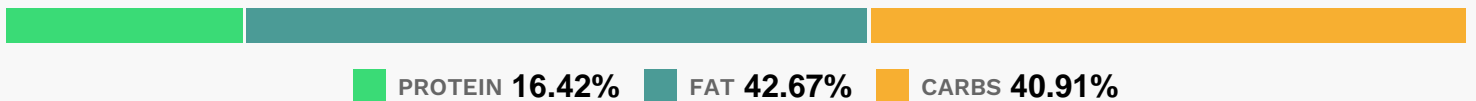
Equipment

- pot

Directions

- Bring a large pot of water to boil.
- Add 1 tbsp. salt and penne. Cook until barely tender to the bite.
- Drain; set aside.
- In the same pot, heat olive oil over high heat.
- Add mushrooms and remaining tsp. salt and cook, stirring constantly, until mushrooms stop giving off liquid and start to brown, about 10 minutes. Turn heat to medium-high and add garlic. Cook, stirring, until fragrant, about 2 minutes. Stir in chicken broth and penne and cook until broth is absorbed. Stir in cheese until melted and coating the pasta. Take off heat and stir in mint.
- Serve immediately, topped with prosciutto and pepper.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:17.31, Inflammation Score:-6, Nutrition Score:19.718260899834%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 493.83kcal (24.69%), Fat: 23.8g (36.61%), Saturated Fat: 8.56g (53.53%), Carbohydrates: 51.33g (17.11%), Net Carbohydrates: 46.4g (16.87%), Sugar: 3.43g (3.81%), Cholesterol: 41.51mg (13.84%), Sodium: 2169.61mg

(94.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.21%), Selenium: 44.71µg (63.87%), Manganese: 0.78mg (38.76%), Phosphorus: 370.91mg (37.09%), Vitamin B3: 6.97mg (34.83%), Vitamin B2: 0.53mg (31.44%), Copper: 0.48mg (24.03%), Calcium: 216.2mg (21.62%), Zinc: 2.98mg (19.87%), Fiber: 4.93g (19.72%), Potassium: 676.85mg (19.34%), Vitamin B5: 1.91mg (19.08%), Folate: 61.75µg (15.44%), Iron: 2.75mg (15.29%), Magnesium: 60.95mg (15.24%), Vitamin B1: 0.22mg (14.98%), Vitamin B6: 0.27mg (13.47%), Vitamin A: 597.42IU (11.95%), Vitamin E: 1.69mg (11.3%), Vitamin B12: 0.58µg (9.67%), Vitamin K: 7.42µg (7.07%), Vitamin D: 1.01µg (6.72%), Vitamin C: 2.26mg (2.74%)