



WHAT'SHEATE



## Penne with Sage and Mushrooms

READY IN



99 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounces cremini mushrooms sliced
- ☐ 0.3 cup sage leaves fresh
- ☐ 1 garlic head whole
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 0.8 cup mushroom blend wild dried
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces parmigiano-reggiano cheese fresh divided
- ☐ 8 ounces percent whole-grain penne pasta uncooked

- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups water boiling divided

## Equipment

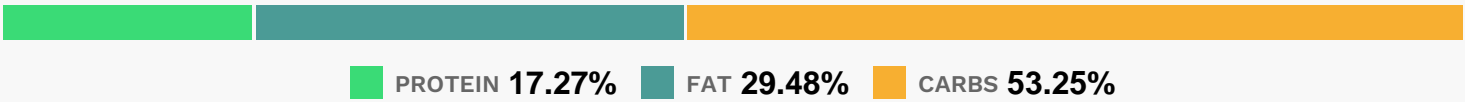
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ Preheat oven to 400.
- ☐ Cut top off garlic head.
- ☐ Place in a small baking dish, and drizzle with 1 teaspoon oil; cover with foil, and bake at 400 for 45 minutes.
- ☐ Remove dish from oven.
- ☐ Add 1/2 cup boiling water to dish; cover and let stand 30 minutes. Separate cloves; squeeze to extract garlic pulp into water. Discard skins. Mash garlic pulp mixture with a fork, and set aside.
- ☐ Combine remaining 2 cups boiling water and dried mushrooms in a bowl; cover and let stand 30 minutes. Rinse mushrooms; drain well, and roughly chop. Set aside.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Heat remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add sage to pan; saut 1 minute or until crisp and browned.
- ☐ Remove from pan using a slotted spoon; set aside.
- ☐ Add cremini mushrooms, salt, and pepper to pan; saut 4 minutes.
- ☐ Add garlic mixture, chopped mushrooms, and broth to pan; cook 5 minutes or until liquid is reduced by about half. Grate 1 1/2 ounces cheese. Stir pasta and grated cheese into pan; cover and let stand 5 minutes. Thinly shave remaining 1/2 ounce cheese; top each serving

evenly with cheese shavings and sage leaves.

## Nutrition Facts



### Properties

Glycemic Index:40.75, Glycemic Load:17.83, Inflammation Score:-4, Nutrition Score:19.064348061448%

### Flavonoids

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

### Nutrients (% of daily need)

Calories: 358.24kcal (17.91%), Fat: 11.82g (18.19%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 44.78g (16.28%), Sugar: 3.38g (3.75%), Cholesterol: 9.64mg (3.21%), Sodium: 645.28mg (28.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.17%), Copper: 2.93mg (146.53%), Selenium: 52.61µg (75.16%), Manganese: 0.81mg (40.33%), Phosphorus: 305.87mg (30.59%), Vitamin B2: 0.38mg (22.57%), Vitamin B3: 4.27mg (21.35%), Calcium: 200.71mg (20.07%), Potassium: 588.73mg (16.82%), Vitamin B5: 1.59mg (15.9%), Zinc: 2.14mg (14.24%), Vitamin B6: 0.27mg (13.72%), Fiber: 3.27g (13.06%), Magnesium: 52.07mg (13.02%), Iron: 1.37mg (7.59%), Vitamin E: 1.11mg (7.39%), Vitamin B1: 0.11mg (7.17%), Folate: 27.4µg (6.85%), Vitamin K: 4.93µg (4.7%), Vitamin B12: 0.21µg (3.54%), Vitamin A: 112.14IU (2.24%), Vitamin D: 0.28µg (1.89%)