



Penne with Shiitakes, Olives, and Asiago

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 ounce asiago cheese grated
- 0.1 teaspoon pepper black freshly ground
- 1.5 cups penne pasta hot tube-shaped cooked uncooked ()
- 1.5 teaspoons olive oil extravirgin
- 0.5 cup less-sodium chicken broth fat-free
- 1 tablespoon basil fresh chopped
- 1 garlic clove minced
- 2 tablespoons olives ripe sliced

- 1 teaspoon rice wine vinegar
- 1 Dash salt
- 1 tablespoon shallots chopped
- 0.5 cup shiitake mushroom caps thinly sliced
- 1.5 cups torn spinach

Equipment

- frying pan

Directions

- Heat a small nonstick skillet coated with cooking spray over medium-high heat.
- Add mushrooms, shallots, and garlic, and saut 2 minutes or until mushrooms are tender. Stir in spinach, basil, and vinegar, and cook 1 minute or until spinach wilts, stirring frequently.
- Add broth and olives; cook 15 seconds.
- Combine mushroom mixture, pasta, oil, pepper, and salt, tossing gently to coat. Spoon pasta mixture onto a plate; top with cheese.

Nutrition Facts



PROTEIN 19.49% **FAT 34.7%** **CARBS 45.81%**

Properties

Glycemic Index:351.5, Glycemic Load:20.71, Inflammation Score:-10, Nutrition Score:32.493043878804%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 455.79kcal (22.79%), Fat: 17.92g (27.58%), Saturated Fat: 6.07g (37.91%), Carbohydrates: 53.23g (17.74%), Net Carbohydrates: 46.11g (16.77%), Sugar: 4.9g (5.45%), Cholesterol: 19.28mg (6.43%), Sodium: 1255.79mg (54.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.31%), Vitamin K: 230.51µg (219.53%), Vitamin A: 4611.48IU (92.23%), Selenium: 50.16µg (71.66%), Manganese: 1.23mg (61.47%), Phosphorus: 444.74mg

(44.47%), Calcium: 418.41mg (41.84%), Vitamin B6: 0.6mg (30.17%), Vitamin B3: 6.03mg (30.13%), Folate: 119.41µg (29.85%), Fiber: 7.12g (28.47%), Vitamin B2: 0.48mg (28.36%), Magnesium: 101.08mg (25.27%), Iron: 4.08mg (22.66%), Potassium: 772.39mg (22.07%), Vitamin B5: 2.19mg (21.9%), Copper: 0.43mg (21.27%), Zinc: 2.96mg (19.71%), Vitamin C: 14.74mg (17.87%), Vitamin E: 2.55mg (17.01%), Vitamin B12: 0.57µg (9.45%), Vitamin B1: 0.11mg (7.52%), Vitamin D: 0.59µg (3.96%)