



Penne with Wild Mushrooms

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 2 teaspoons sage fresh minced
- 0.8 cup half and half
- 0.8 cup leek thinly sliced (1 large)
- 1 pound mushrooms wild coarsely chopped
- 1 tablespoon olive oil
- 8 ounces penne pasta (tube-shaped uncooked)

1 teaspoon salt

Equipment

bowl

frying pan

Directions

Heat oil and butter in a large nonstick skillet over medium heat.

Add leek to pan; cook 2 minutes or until tender, stirring occasionally. Stir in sage; cook 30 seconds, stirring occasionally.

Add mushrooms; cook 10 minutes or until liquid evaporates, stirring occasionally.

Add half-and-half; cook until liquid is reduced to 6 tablespoons (about 2 minutes). Stir in salt and pepper.

Remove from heat; keep warm.

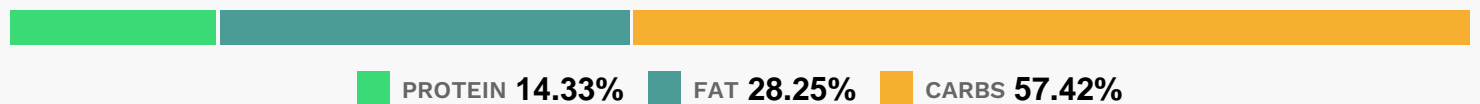
Cook pasta according to package directions, omitting salt and fat.

Drain.

Place in a large bowl.

Add mushroom mixture to pasta; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:12.36, Inflammation Score:-4, Nutrition Score:14.701304404632%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg 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: 231.27kcal (11.56%), Fat: 7.39g (11.37%), Saturated Fat: 3.04g (19.03%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 31.53g (11.47%), Sugar: 4.19g (4.66%), Cholesterol: 12.38mg (4.13%), Sodium: 419.78mg (18.25%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Copper: 2.39mg (119.45%), Selenium: 32.02µg (45.74%), Manganese: 0.52mg (26.23%), Vitamin B2: 0.39mg (22.94%), Vitamin B3: 3.45mg (17.26%), Phosphorus: 169.8mg (16.98%), Vitamin B5: 1.4mg (14.01%), Potassium: 390.01mg (11.14%), Fiber: 2.26g (9.02%), Vitamin B6: 0.17mg (8.69%), Magnesium: 34.42mg (8.61%), Vitamin B1: 0.11mg (7.55%), Zinc: 1.07mg (7.16%), Vitamin K: 7.4µg (7.04%), Folate: 27.74µg (6.93%), Iron: 1.23mg (6.81%), Vitamin A: 314.28IU (6.29%), Calcium: 54.71mg (5.47%), Vitamin E: 0.58mg (3.89%), Vitamin C: 3.19mg (3.87%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.15µg (1.01%)