



Pepper and Mushroom Pappardelle

READY IN



15 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 large flat cap mushrooms sliced
- ☐ 125 g cup heavy whipping cream
- ☐ 1 handful basil fresh
- ☐ 1 clove garlic crushed peeled
- ☐ 250 g pappardelle
- ☐ 1 bell pepper red finely sliced
- ☐ 100 ml vegetable stock ()
- ☐ 125 g goats yoghurt (or greek yoghurt)

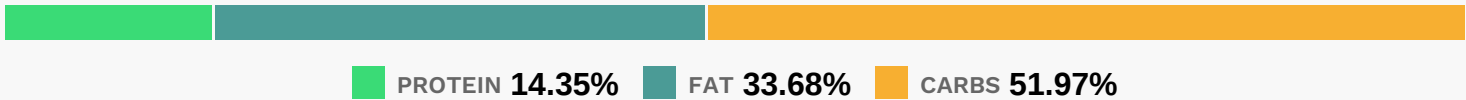
Equipment

☐ wok

Directions

- ☐ Cook the pasta according to packet instructions.
- ☐ Spray a wok with rapeseed oil and heat.
- ☐ Stir fry the pepper for a couple of minutes, then add the garlic and mushrooms and cook until the mushrooms are soft. I like to season the mushrooms with pepper as they cook.
- ☐ Add the yoghurt and cream and stir well and then add the stock, stir again, season and add some fresh basil.
- ☐ Stir the sauce through the freshly cooked pasta and serve.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:19.28, Inflammation Score:-8, Nutrition Score:16.775217305059%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 378.82kcal (18.94%), Fat: 14.28g (21.97%), Saturated Fat: 7.98g (49.87%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 46.79g (17.01%), Sugar: 4.84g (5.37%), Cholesterol: 89.38mg (29.79%), Sodium: 134.38mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.38%), Selenium: 57.32µg (81.88%), Vitamin C: 38.59mg (46.78%), Manganese: 0.61mg (30.52%), Vitamin A: 1510.18IU (30.2%), Phosphorus: 238.41mg (23.84%), Vitamin B2: 0.3mg (17.81%), Vitamin B6: 0.28mg (13.95%), Copper: 0.28mg (13.93%), Magnesium: 47.3mg (11.83%), Vitamin B3: 2.27mg (11.35%), Zinc: 1.69mg (11.29%), Fiber: 2.8g (11.2%), Vitamin B5: 1.08mg (10.78%), Potassium: 360.7mg (10.31%), Vitamin B1: 0.15mg (10.09%), Folate: 39.36µg (9.84%), Calcium: 84.21mg (8.42%), Iron: 1.46mg (8.1%), Vitamin B12: 0.47µg (7.75%), Vitamin E: 1mg (6.65%), Vitamin D: 0.7µg (4.68%), Vitamin K: 4.86µg (4.63%)