



Quick and Creamy Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce angel hair pasta
- 12 ounce mushrooms sliced canned
- 1 tablespoon dill weed dried
- 2 eggs beaten
- 0.5 cup parmesan cheese grated
- 6 servings salt and pepper to taste
- 16 ounces cup heavy whipping cream sour

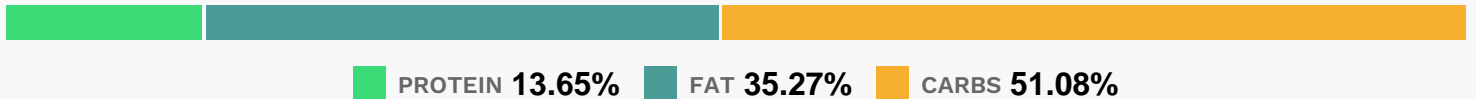
Equipment

- bowl
- whisk
- pot

Directions

- In a medium bowl, whisk sour cream, eggs, dill and cheese; add mushrooms and salt and pepper to taste.
- Mix and set aside.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and return to pot.
- Over medium heat, pour sour cream mixture into pot with pasta until sauce begins to boil; stir frequently. Be careful to not overcook this sauce or it will become sticky.
- Add the cream mixture to pasta and cook over medium heat; stir frequently for about 3 minutes or until sauce begins to bubble. Be careful not to overcook the sauce.
- Remove from heat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:22.69, Inflammation Score:-6, Nutrition Score:15.756956452909%

Nutrients (% of daily need)

Calories: 501.65kcal (25.08%), Fat: 19.72g (30.34%), Saturated Fat: 9.62g (60.11%), Carbohydrates: 64.25g (21.42%), Net Carbohydrates: 60.41g (21.97%), Sugar: 5.98g (6.65%), Cholesterol: 106.41mg (35.47%), Sodium: 630.43mg (27.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.35%), Selenium: 60.32µg (86.17%), Manganese: 0.78mg (39.09%), Phosphorus: 322.35mg (32.23%), Copper: 0.38mg (19.09%), Calcium: 189.39mg (18.94%), Vitamin B2: 0.28mg (16.56%), Magnesium: 63.07mg (15.77%), Fiber: 3.85g (15.39%), Zinc: 2.29mg (15.27%), Vitamin A: 651.51IU (13.03%), Vitamin B5: 1.29mg (12.92%), Vitamin B3: 2.29mg (11.45%), Iron: 2.02mg (11.24%), Potassium: 388.38mg (11.1%), Vitamin B6: 0.21mg (10.66%), Vitamin B1: 0.14mg (9.44%), Folate: 32.34µg (8.09%), Vitamin B12: 0.4µg (6.7%), Vitamin E: 0.57mg (3.82%), Vitamin D: 0.45µg (2.99%), Vitamin K: 1.4µg (1.33%), Vitamin C: 0.93mg (1.13%)