

 **66%**  
HEALTH SCORE

## Sautéed Oyster Mushrooms with Linguine

 Very Healthy

READY IN

**20 min.**

SERVINGS

**4**

CALORIES

**539 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 clove garlic divided minced peeled
- ☐ 6 cup oyster mushroom cut into bitesized pieces
- ☐ 1 pinch salt and kosher pepper as needed plus more for seasoning
- ☐ 1 pound al dente linguine cooked
- ☐ 0.3 cup olive oil plus more for drizzling
- ☐ 1 cup oregano leaves fresh
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 2 tablespoon butter unsalted divided

☐ 0.3 cup vermouth    sweet divided

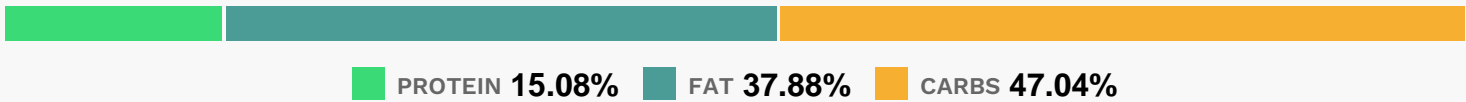
## Equipment

☐ frying pan

## Directions

- ☐ Heat a medium–large pan over high heat with about half of the oil. Drop in about half the mushrooms. Don’t overcrowd the pan work in batches.
- ☐ Let the mushrooms site until the begin to brown.
- ☐ Add a pinch each salt and pepper, as this will help release more of the moisture.
- ☐ Add half the butter and half the garlic to caramelize as the moisture keeps evaporates. Once the pan is mostly dry add half the vermouth, scrapping the bottom of the pan to remove and browned bits.
- ☐ Transfer to a warm plate and repeat with remaining mushrooms.Once all the mushrooms are cooked toss them fresh oregano and freshly cooked    linguine.
- ☐ Add a splash of the pasta water and a the Parmesan cheese. Turn out onto a serving plate and drizzle with good olive oil.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:16.35, Inflammation Score:-10, Nutrition Score:41.793913265933%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 539.28kcal (26.96%), Fat: 23.96g (36.86%), Saturated Fat: 7.04g (43.97%), Carbohydrates: 66.96g (22.32%), Net Carbohydrates: 51.61g (18.77%), Sugar: 5.1g (5.66%), Cholesterol: 20.49mg (6.83%), Sodium: 188.5mg

(8.2%), Alcohol: 1.42g (100%), Alcohol %: 0.34% (100%), Protein: 21.47g (42.93%), Vitamin B3: 18.62mg (93.11%), Vitamin B2: 1.35mg (79.47%), Vitamin K: 83.37µg (79.4%), Manganese: 1.41mg (70.41%), Fiber: 15.35g (61.4%), Selenium: 42.28µg (60.4%), Iron: 10.73mg (59.62%), Phosphorus: 554.14mg (55.41%), Copper: 1.07mg (53.28%), Potassium: 1713.94mg (48.97%), Vitamin B5: 4.87mg (48.71%), Folate: 171.89µg (42.97%), Vitamin B1: 0.49mg (32.94%), Vitamin B6: 0.6mg (30.22%), Magnesium: 119.58mg (29.9%), Vitamin E: 4.4mg (29.33%), Calcium: 271.37mg (27.14%), Zinc: 3.94mg (26.25%), Vitamin D: 2.62µg (17.47%), Vitamin A: 603.66IU (12.07%), Vitamin B12: 0.1µg (1.6%), Vitamin C: 0.98mg (1.19%)