



Spaghetti with Broccoli and Mushrooms

READY IN



40 min.

SERVINGS



6

CALORIES



533 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 ounce broccoli frozen chopped
- 0.5 cup butter
- 9 ounce mushrooms drained sliced canned
- 1 teaspoon basil dried
- 1 teaspoon garlic powder
- 2 teaspoons pepper black
- 2 teaspoons juice of lemon
- 1 cup parmesan cheese grated
- 1 tablespoon salt

1 pound pasta like spaghetti uncooked

Equipment

sauce pan

pot

Directions

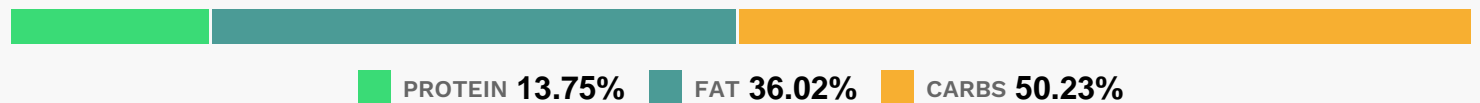
Bring a large pot of salted water to boil, add spaghetti and bring the water back to a rolling boil. Cook pasta until al dente; drain well.

Combine broccoli, mushrooms, butter, salt, pepper, Parmesan cheese, lemon juice, garlic powder and basil in a large saucepan.

Heat the mixture over a low heat, stirring often, until the mushrooms and broccoli are hot.

Place the spaghetti and the hot mixture in a large serving dish, toss lightly before serving.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:24.02, Inflammation Score:-8, Nutrition Score:27.236086974973%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 533.11kcal (26.66%), Fat: 21.66g (33.32%), Saturated Fat: 12.65g (79.09%), Carbohydrates: 67.95g (22.65%), Net Carbohydrates: 61.77g (22.46%), Sugar: 4.7g (5.23%), Cholesterol: 55.17mg (18.39%), Sodium: 1793.07mg (77.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.61g (37.22%), Vitamin C: 84.94mg (102.96%), Vitamin K: 102.02µg (97.16%), Selenium: 58.07µg (82.96%), Manganese: 1.05mg (52.59%), Phosphorus: 347.24mg (34.72%), Fiber: 6.18g (24.71%), Vitamin A: 1210.61IU (24.21%), Calcium: 224.74mg (22.47%), Folate: 81.01µg (20.25%), Copper: 0.39mg (19.38%), Magnesium: 75.34mg (18.84%), Zinc: 2.54mg (16.91%), Potassium: 578.43mg

(16.53%), Vitamin B6: 0.33mg (16.3%), Vitamin B2: 0.23mg (13.7%), Vitamin B3: 2.61mg (13.04%), Vitamin B5: 1.3mg (13.04%), Iron: 2.34mg (13.01%), Vitamin B1: 0.18mg (12.01%), Vitamin E: 1.38mg (9.19%), Vitamin B12: 0.26µg (4.29%), Vitamin D: 0.17µg (1.12%)