



Spaghetti with Caramelized Onions, Mushrooms, and Pancetta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup low-salt chicken broth
- ☐ 1 pound mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 6 cups onion vertically sliced 3 large onions
- ☐ 2 teaspoons oregano fresh minced

- ☐ 1 ounce pancetta chopped
- ☐ 0.3 teaspoon pepper divided
- ☐ 0.5 teaspoon salt divided
- ☐ 8 ounces pasta like spaghetti uncooked

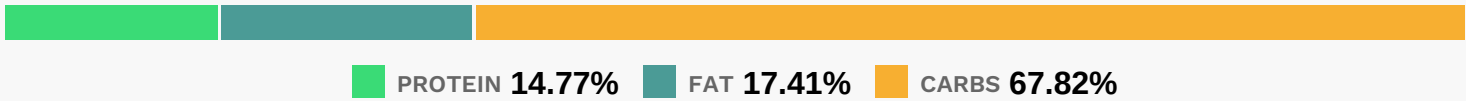
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well; set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat until hot.
- ☐ Add pancetta; saut 3 minutes. Stir in onion, 1/4 teaspoon salt, and 1/8 teaspoon pepper; cover and cook 15 minutes, stirring frequently. Uncover and cook an additional 10 minutes, stirring frequently.
- ☐ Remove onion mixture from skillet; set aside.
- ☐ Add mushrooms, 1/4 teaspoon salt, and 1/8 teaspoon pepper to skillet; cook over medium-high heat 4 minutes.
- ☐ Add oregano and 2 tablespoons parsley; cook 1 minute.
- ☐ Add garlic; saut 1 minute.
- ☐ Add onion mixture and broth; cook until thoroughly heated.
- ☐ Add mushroom mixture to pasta; toss to coat. Divide among 4 shallow bowls; sprinkle evenly with 2 tablespoons parsley.
- ☐ Garnish with oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:23.06, Inflammation Score:-9, Nutrition Score:24.590434680814%

Flavonoids

Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 48.77mg, Quercetin: 48.77mg, Quercetin: 48.77mg, Quercetin: 48.77mg

Nutrients (% of daily need)

Calories: 404.18kcal (20.21%), Fat: 8.06g (12.4%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 70.65g (23.55%), Net Carbohydrates: 62.99g (22.91%), Sugar: 14.07g (15.63%), Cholesterol: 4.68mg (1.56%), Sodium: 367.95mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Selenium: 49.38µg (70.54%), Vitamin K: 71.08µg (67.7%), Manganese: 0.99mg (49.69%), Vitamin B2: 0.58mg (34.17%), Copper: 0.66mg (32.83%), Vitamin C: 25.85mg (31.34%), Vitamin B3: 6.14mg (30.69%), Fiber: 7.66g (30.62%), Phosphorus: 300.63mg (30.06%), Vitamin B6: 0.55mg (27.52%), Potassium: 921mg (26.31%), Vitamin B5: 2.32mg (23.16%), Folate: 83.24µg (20.81%), Vitamin B1: 0.28mg (18.83%), Magnesium: 70.76mg (17.69%), Iron: 2.57mg (14.29%), Zinc: 2.01mg (13.37%), Calcium: 98.03mg (9.8%), Vitamin A: 341.22IU (6.82%), Vitamin E: 0.87mg (5.8%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.26µg (1.7%)