



Spaghetti with Garlicky Marsala Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



696 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 6 calamata olives pitted coarsely chopped
- ☐ 2 tablespoons chives minced
- ☐ 4 large garlic cloves minced thinly sliced
- ☐ 0.5 cup marsala wine dry
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese freshly grated plus more for serving
- ☐ 1.5 teaspoons rosemary minced
- ☐ 4 servings salt and pepper freshly ground

- ☐ 1 medium shallots thinly sliced
- ☐ 1 pound mushroom caps quartered
- ☐ 0.8 pound pasta like spaghetti
- ☐ 2 tablespoons butter unsalted
- ☐ 1 pound mushrooms white quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a very large skillet, heat 2 tablespoons of the olive oil.
- ☐ Add the white and shiitake mushrooms, season with salt and pepper, cover and cook over moderately high heat for 5 minutes, stirring once. Uncover and cook over high heat, stirring once, until the mushrooms are browned all over, about 3 minutes.
- ☐ Add the sliced garlic, the shallot and rosemary and cook, stirring, until fragrant, about 2 minutes.
- ☐ Add the Marsala and cook until evaporated, about 30 seconds.
- ☐ Add the vinegar and cook, stirring, for 30 seconds. Stir in the minced garlic, olives and the remaining 3 tablespoons of olive oil and season with salt and pepper. Cover and keep warm.
- ☐ In a large pot of boiling salted water, cook the spaghetti until al dente; drain. Return the spaghetti to the pot. Stir in the butter and mushrooms and season with salt and pepper. Stir in 1/3 cup of the Parmesan.
- ☐ Transfer the spaghetti to bowls, sprinkle with the chives and serve, passing more Parmesan at the table.
- ☐ Notes: Variations: The mushrooms can be folded into an omelet, or served with pan-fried chicken breasts or cheese grits.

Nutrition Facts



 **PROTEIN 11.96%**  **FAT 38.14%**  **CARBS 49.9%**

Properties

Glycemic Index:82.75, Glycemic Load:29.48, Inflammation Score:-7, Nutrition Score:27.225217446037%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 695.81kcal (34.79%), Fat: 28.69g (44.14%), Saturated Fat: 7.73g (48.28%), Carbohydrates: 84.46g (28.15%), Net Carbohydrates: 77.25g (28.09%), Sugar: 11.94g (13.26%), Cholesterol: 22.3mg (7.43%), Sodium: 462.11mg (20.09%), Alcohol: 4.59g (100%), Alcohol %: 1.44% (100%), Protein: 20.24g (40.48%), Selenium: 74.47µg (106.38%), Manganese: 1.23mg (61.4%), Vitamin B3: 10.07mg (50.34%), Vitamin B2: 0.8mg (46.84%), Phosphorus: 454.24mg (45.42%), Copper: 0.81mg (40.64%), Vitamin B5: 3.85mg (38.52%), Vitamin B6: 0.64mg (32.06%), Fiber: 7.2g (28.82%), Potassium: 993.49mg (28.39%), Zinc: 3.43mg (22.85%), Magnesium: 88.6mg (22.15%), Vitamin E: 3.07mg (20.44%), Iron: 2.62mg (14.58%), Vitamin K: 14.63µg (13.93%), Vitamin B1: 0.21mg (13.72%), Folate: 54.12µg (13.53%), Calcium: 117.53mg (11.75%), Vitamin A: 337.58IU (6.75%), Vitamin C: 4.71mg (5.71%), Vitamin D: 0.83µg (5.51%), Vitamin B12: 0.17µg (2.83%)