



Spaghetti with Shiitakes, Parmesan, and Pepper

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups chicken broth low-sodium homemade canned
- 2 cloves garlic minced
- 0.8 teaspoon fresh-ground pepper black
- 4 tablespoons olive oil
- 0.5 cup parmesan grated plus more for serving
- 0.3 teaspoon salt
- 1 pound mushroom caps cut into thin slices
- 0.8 pound pasta like spaghetti

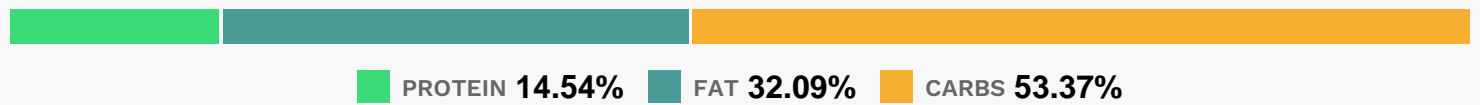
Equipment

- frying pan
- pot

Directions

- In a large frying pan, heat 2 tablespoons of the oil over moderate heat.
- Add the mushrooms, 1/2 teaspoon of the pepper, and the salt and cook, stirring occasionally, until the mushrooms are browned, 5 to 10 minutes.
- Add the garlic and cook, stirring, for 30 seconds.
- Add the broth and bring to a simmer. Cook until reduced to about 1 cup, 2 to 3 minutes.
- Meanwhile, in a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes.
- Drain. Toss the spaghetti with the mushroom sauce, the remaining 2 tablespoons oil and 1/4 teaspoon pepper, and the Parmesan.
- Serve with more cheese.
- Add a couple of tablespoons chopped fresh herbs, such as chives, tarragon, thyme, or parsley, to the spaghetti along with the Parmesan.
- Wine Recommendation: The mix of flavors opens the door to all sorts of wine choices. To match the earthiness of the mushrooms, try a white based on the chardonnay grape; a Bourgogne Blanc from France would be particularly good. To echo the black pepper, look for a red with a similar flavor, such as a dolcetto from Italy or a petite sirah from California.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:27.38, Inflammation Score:-5, Nutrition Score:20.344782676386%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 544.18kcal (27.21%), Fat: 19.62g (30.18%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 73.41g (24.47%), Net Carbohydrates: 67.72g (24.63%), Sugar: 5.2g (5.78%), Cholesterol: 8.5mg (2.83%), Sodium: 388.06mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20g (40.01%), Selenium: 63.26µg (90.37%), Manganese: 1.12mg (55.82%), Phosphorus: 403.94mg (40.39%), Vitamin B3: 7.1mg (35.52%), Vitamin B6: 0.49mg (24.65%), Copper: 0.47mg (23.28%), Fiber: 5.68g (22.73%), Vitamin B2: 0.37mg (21.62%), Vitamin B5: 2.14mg (21.38%), Zinc: 2.82mg (18.81%), Magnesium: 75.16mg (18.79%), Potassium: 633.17mg (18.09%), Calcium: 176.27mg (17.63%), Vitamin E: 2.14mg (14.28%), Iron: 2mg (11.11%), Vitamin K: 9.36µg (8.92%), Folate: 31.03µg (7.76%), Vitamin B1: 0.1mg (6.79%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.52µg (3.44%), Vitamin A: 99.81IU (2%)