



Spaghetti with Wild Mushrooms

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

635 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 small to 2 chiles dried red very finely chopped



1 handful parsley fresh roughly chopped



1 clove garlic finely chopped



0.5 juice of lemon juiced



250 grams mushrooms mushrooms wild mixed I would probably buy around 14 ounces 400 grams



3 tablespoons olive oil



1 small handful parmesan grated



4 servings salt and pepper black freshly ground



455 grams pasta like spaghetti dried

☐ 55 grams butter unsalted

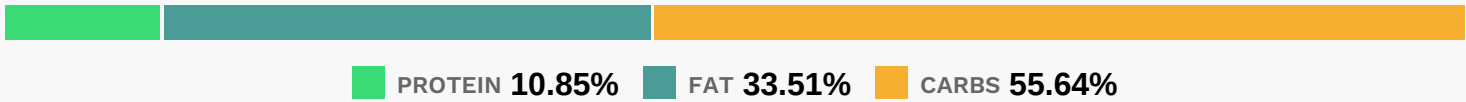
Equipment

- ☐ frying pan
- ☐ kitchen towels
- ☐ pastry brush

Directions

- ☐ Brush off any dirt from the mushrooms with a pastry brush or a tea towel. Slice the mushrooms thinly, but tear any larger mushrooms, like girolles, chanterelles. and blewits in half.
- ☐ Put the olive oil in a very hot frying pan, and add the mushrooms.
- ☐ Let them fry fast, tossing once or twice, then add the garlic and chile with a pinch of salt (it is very important to season mushrooms slightly, as it really brings out the flavor). Continue to fry fast for 4 to 5 minutes, tossing regularly. Then turn the heat off and squeeze in the lemon juice. Toss and season, to taste.
- ☐ Meanwhile, cook the pasta in boiling, salted water until al dente.
- ☐ Drain and add to the mushrooms, with the Parmesan, parsley, and butter. Toss gently, coating the pasta with the mushrooms and their flavor.
- ☐ Serve, scraping out all of the last bits of mushroom from the pan, and sprinkle with a little extra parsley and Parmesan.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:35.06, Inflammation Score:-6, Nutrition Score:19.923913007197%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg
Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 635.2kcal (31.76%), Fat: 23.72g (36.49%), Saturated Fat: 8.91g (55.68%), Carbohydrates: 88.62g (29.54%),
Net Carbohydrates: 84.1g (30.58%), Sugar: 4.99g (5.55%), Cholesterol: 29.73mg (9.91%), Sodium: 17.43mg (0.76%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.56%), Selenium: 78.07µg (111.53%), Manganese:
1.12mg (56.07%), Phosphorus: 280.8mg (28.08%), Copper: 0.55mg (27.5%), Vitamin C: 20.49mg (24.84%), Vitamin
K: 25.55µg (24.34%), Vitamin B3: 4.36mg (21.8%), Vitamin B2: 0.34mg (19.84%), Fiber: 4.52g (18.08%), Magnesium:
69.97mg (17.49%), Vitamin B6: 0.3mg (14.82%), Vitamin B5: 1.48mg (14.8%), Potassium: 506.01mg (14.46%), Vitamin
E: 2.06mg (13.7%), Zinc: 2mg (13.33%), Iron: 2.06mg (11.43%), Vitamin B1: 0.17mg (11.02%), Vitamin A: 537.74IU
(10.75%), Folate: 36.43µg (9.11%), Calcium: 37.11mg (3.71%), Vitamin D: 0.33µg (2.22%)