



Spaghettini with Mushrooms, Garlic, and Oil

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons flat-leaf parsley chopped
- 3 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 0.7 pound mushrooms sliced
- 0.5 cup olive oil
- 1 teaspoon salt
- 1 pound spaghettini

Equipment

frying pan

pot

Directions

In a medium frying pan, heat the olive oil over moderately low heat.

Add the garlic and the red-pepper flakes and cook, stirring, until the garlic softens, about 1 minute.

Add the sliced mushrooms and the salt and cook until the mushrooms exude liquid, the liquid evaporates, and the mushrooms begin to brown, about 5 minutes.

In a large pot of boiling, salted water, cook the spaghettini until just done, about 9 minutes.

Drain and toss with the mushroom mixture, the parsley, and the pepper.

Variations: Spaghettini with Garlic and Oil : Eliminate the mushrooms and reduce the oil to 7 tablespoons. Just cook the garlic and red-pepper flakes for a minute and toss with the remaining ingredients.

Spaghettini with Walnuts, Garlic, and Oil: Eliminate the mushrooms and reduce the olive oil to 7 tablespoons. At the end, toss in 2/3 cup of toasted and chopped walnuts.

Spaghettini with Salami, Garlic, and Oil: Eliminate the mushrooms and reduce the olive oil to 7 tablespoons.

Cut 1/4 pound of sliced salami into thin strips and toss it into the spaghettini with the parsley and black pepper.

Wine Recommendation: The earthy taste of mushrooms goes wonderfully with the correspondingly earthy flavor of a pinot noir, while the assertive flavor of the garlic calls for a simple version of this wine. A bottle of Givry, Rully, or Mercurey from France will be your best choice.

Nutrition Facts



PROTEIN 14.21% **FAT 13.64%** **CARBS 72.15%**

Properties

Glycemic Index:42, Glycemic Load:34.84, Inflammation Score:-6, Nutrition Score:20.048260647318%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 489.82kcal (24.49%), Fat: 7.41g (11.4%), Saturated Fat: 1.1g (6.91%), Carbohydrates: 88.15g (29.38%), Net Carbohydrates: 83.59g (30.4%), Sugar: 4.57g (5.08%), Cholesterol: 0mg (0%), Sodium: 594.15mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.74%), Selenium: 79.03µg (112.9%), Manganese: 1.14mg (56.76%), Vitamin K: 52.81µg (50.29%), Copper: 0.58mg (29.07%), Phosphorus: 284.72mg (28.47%), Vitamin B3: 4.71mg (23.57%), Vitamin B2: 0.38mg (22.21%), Fiber: 4.56g (18.25%), Magnesium: 69.2mg (17.3%), Vitamin B5: 1.65mg (16.48%), Potassium: 520.76mg (14.88%), Zinc: 2.05mg (13.69%), Vitamin B6: 0.27mg (13.53%), Iron: 2.12mg (11.8%), Vitamin B1: 0.17mg (11.37%), Folate: 37.91µg (9.48%), Vitamin C: 6.28mg (7.61%), Vitamin E: 0.94mg (6.24%), Vitamin A: 253.61IU (5.07%), Calcium: 35.26mg (3.53%), Vitamin D: 0.15µg (1.01%)