



Spicy spaghetti with garlic mushrooms



Vegetarian



Vegan



Dairy Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 250 g pack chestnut mushroom sliced
- ☐ 1 garlic clove thinly sliced
- ☐ 1 small bunch parsley
- ☐ 1 celery stalks finely chopped
- ☐ 1 onion finely chopped
- ☐ 400 g canned tomatoes chopped canned
- ☐ 0.5 pepper red deseeded finely chopped (or use drieds chilli flakes)

☐ 300 g pasta like spaghetti

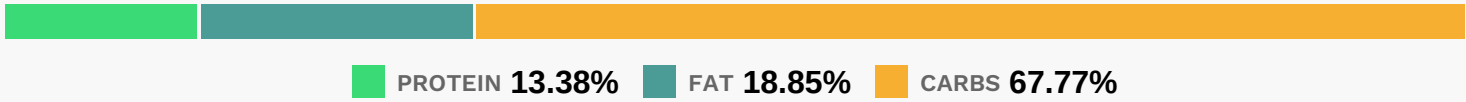
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tbsp oil in a pan, add the mushrooms, then fry over a high heat for 3 mins until golden and softened.
- ☐ Add the garlic, fry for 1 min more, then tip into a bowl with the parsley.
- ☐ Add the onion and celery to the pan with the rest of the oil, then fry for 5 mins until lightly coloured.
- ☐ Stir in the tomatoes, chilli and a little salt, then bring to the boil. Reduce the heat and simmer, uncovered, for 10 mins until thickened. Meanwhile, boil the spaghetti, then drain. Toss with the sauce, top with the garlicky mushrooms, then serve.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:25.34, Inflammation Score:-9, Nutrition Score:26.918260985095%

Flavonoids

Apigenin: 30.74mg, Apigenin: 30.74mg, Apigenin: 30.74mg, Apigenin: 30.74mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 403.3kcal (20.17%), Fat: 8.62g (13.27%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 69.73g (23.24%), Net Carbohydrates: 64.09g (23.3%), Sugar: 8.79g (9.76%), Cholesterol: 0mg (0%), Sodium: 150.6mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.53%), Vitamin K: 243.72µg (232.11%), Selenium: 64.51µg (92.16%), Manganese: 1.03mg (51.58%), Copper: 0.75mg (37.35%), Vitamin C: 30.45mg (36.91%), Vitamin A: 1424.23IU (28.48%), Phosphorus: 266.42mg (26.64%), Vitamin B3: 5.1mg (25.5%), Vitamin B2: 0.43mg (25.07%),

Potassium: 865.27mg (24.72%), Fiber: 5.65g (22.6%), Iron: 3.52mg (19.57%), Vitamin B6: 0.38mg (19.07%),
Magnesium: 75.57mg (18.89%), Folate: 69.4µg (17.35%), Vitamin E: 2.47mg (16.45%), Vitamin B5: 1.64mg (16.37%),
Vitamin B1: 0.23mg (15.23%), Zinc: 2.22mg (14.83%), Calcium: 88.86mg (8.89%), Vitamin B12: 0.06µg (1.04%)