



Strozza Pretti alla Boscaiola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1 stalk celery cut into 1/4 inch pieces
- ☐ 1 ounce porcini mushrooms dried
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 bunch parsley italian finely chopped
- ☐ 0.5 pound portabello mushrooms quartered
- ☐ 1 medium onion red chopped

Equipment

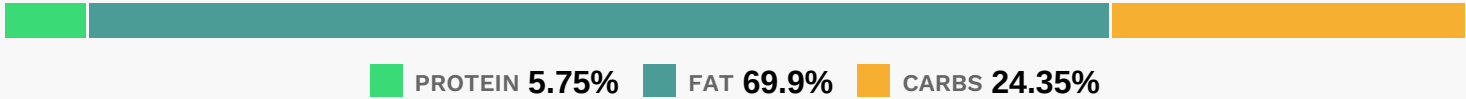
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Roll out pasta to No. 4 setting, roughly 1/8th inch thick.
- ☐ Cut pasta sheets into 4 inch long pieces and fold each in half.
- ☐ Cut roll into strips 1/2 inch thick. Take each piece between hands and roll back and forth several times to form a twisted piece. Set aside.
- ☐ Bring 6 quarts water to boil and add 2 tablespoons salt.
- ☐ In a 12 to 14 inch sauce pan, heat olive oil, and saute onion and celery over medium high heat until soft, about 8 to 10 minutes.
- ☐ Add mushrooms and cook until sweated, about 8 to 10 minutes.
- ☐ Add tomato sauce and bring to a boil. Meanwhile, drop pasta into boiling water and cook 1 minute until soft.
- ☐ Drain well and place in pan with mushrooms. Toss until well coated.
- ☐ Add parsley, transfer to warm platter and serve.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:15.949565243462%

Flavonoids

Apigenin: 31mg, Apigenin: 31mg, Apigenin: 31mg, Apigenin: 31mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 174.74kcal (8.74%), Fat: 14.43g (22.19%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 8.65g (3.15%), Sugar: 3g (3.33%), Cholesterol: 0mg (0%), Sodium: 23.38mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin K: 245.17µg (233.49%), Copper: 0.56mg (28.18%), Vitamin C: 21.55mg (26.12%), Vitamin A: 1245.87IU (24.92%), Vitamin B5: 2.31mg (23.12%), Selenium: 14.01µg

(20.01%), Vitamin B3: 3.8mg (18.99%), Folate: 57.91µg (14.48%), Vitamin E: 2.17mg (14.44%), Potassium: 460.34mg (13.15%), Vitamin B2: 0.19mg (11.22%), Fiber: 2.65g (10.6%), Vitamin B6: 0.21mg (10.28%), Phosphorus: 100.71mg (10.07%), Manganese: 0.19mg (9.55%), Iron: 1.34mg (7.43%), Zinc: 1.06mg (7.04%), Vitamin B1: 0.08mg (5.45%), Magnesium: 20.33mg (5.08%), Calcium: 32.61mg (3.26%), Vitamin D: 0.45µg (2.98%)