



Tagliatelle con Spinaci e Funghi

READY IN



15 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g baby spinach
- ☐ 1 bay leaf
- ☐ 12 peppercorns black
- ☐ 40 g butter
- ☐ 50 g mature cheddar
- ☐ 1 slice feta generous
- ☐ 1 clove garlic finely chopped
- ☐ 1 pint ml milk
- ☐ 1 tbsp olive oil

- ☐ 0.5 onion
- ☐ 40 g flour plain
- ☐ 4 large portabello mushrooms sliced
- ☐ 4 servings grinding of salt and pepper to taste
- ☐ 4 servings enough tagliatelle for four
- ☐ 30 g pecorino cheese

Equipment

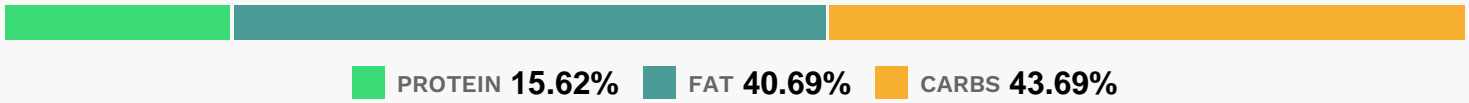
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ microwave
- ☐ colander

Directions

- ☐ Pour the milk in a microwaveable dish and add the half onion, peppercorns and bay leaf. Microwave until warm.
- ☐ Melt the butter in a pan and then add the flour. Stir until it is well combined.
- ☐ Add the milk a little at a time (use a sieve) and whisk until it is absorbed. Do this until all the milk has been used. Simmer gently for a few minutes.
- ☐ Add the cheese and whisk until it has melted. Season the sauce with salt and pepper. Keep it warm until it is required.
- ☐ Once you have started the sauce. Cook the pasta according to the instructions.
- ☐ Saute the mushrooms in the olive oil with the garlic until they are soft and juicy. Season with lots of black pepper for a fabulous flavour.
- ☐ Rinse the spinach in a colander, then pour over a kettleful of boiling water to wilt the spinach.
- ☐ Pour a little cold water on, so you do not burn your hands, then squeeze out the excess liquid. I like to pat it dry with a teatowel as well before chopping it.

- ☐
- Once the pasta is ready, drain it, then coat in the cheese sauce and stir through the spinach and mushrooms.
- ☐
- Serve in bowls topped with crumbly feta cheese and a good grating of black pepper.

Nutrition Facts



Properties

Glycemic Index:102.25, Glycemic Load:25.03, Inflammation Score:-9, Nutrition Score:30.946521717569%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 537.8kcal (26.89%), Fat: 24.64g (37.91%), Saturated Fat: 12.24g (76.51%), Carbohydrates: 59.53g (19.84%), Net Carbohydrates: 55.44g (20.16%), Sugar: 9.67g (10.75%), Cholesterol: 100.56mg (33.52%), Sodium: 547.88mg (23.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.55%), Vitamin K: 125.21µg (119.25%), Selenium: 71.19µg (101.7%), Vitamin A: 3008.92IU (60.18%), Phosphorus: 486.39mg (48.64%), Manganese: 0.91mg (45.39%), Calcium: 380.89mg (38.09%), Vitamin B2: 0.51mg (30.01%), Vitamin B3: 5.91mg (29.53%), Folate: 112.82µg (28.21%), Copper: 0.47mg (23.65%), Potassium: 816.4mg (23.33%), Vitamin B1: 0.32mg (21.64%), Vitamin B5: 2.09mg (20.94%), Vitamin B6: 0.41mg (20.73%), Zinc: 2.93mg (19.51%), Magnesium: 77.66mg (19.41%), Vitamin B12: 1.09µg (18.12%), Fiber: 4.09g (16.37%), Iron: 2.65mg (14.74%), Vitamin D: 1.83µg (12.23%), Vitamin E: 1.65mg (11%), Vitamin C: 8.29mg (10.05%)