

Tomato-Mushroom Bow Tie Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces farfalle pasta uncooked
- 1 tablespoon butter
- 0.3 cup basil dried fresh minced
- 0.5 pound mushrooms fresh sliced
- 2 tablespoons parsley fresh minced
- 2 garlic clove minced
- 0.5 cup spring onion sliced
- 1 tablespoon olive oil
- 0.3 cup parmesan shredded

- 0.5 teaspoon pepper
- 2 pound plum tomatoes peeled seeded chopped
- 0.5 teaspoon salt

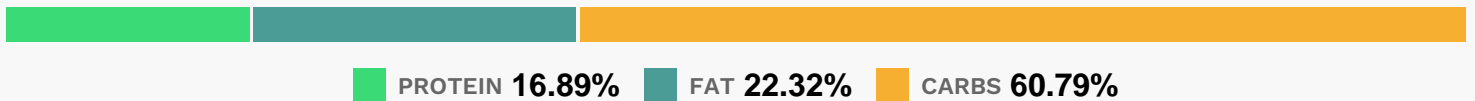
Equipment

- frying pan

Directions

- Cook pasta according to package directions.
- Meanwhile, in a large nonstick skillet, saute the mushrooms, onions and garlic in butter and oil for 5 minutes or until tender.
- Add tomatoes; cook, uncovered, over medium heat for 10 minutes or until tender, stirring occasionally. Stir in the basil, parsley, salt and pepper; cook 2–3 minutes longer.
- Drain pasta; top with tomato mixture and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:78.75, Glycemic Load:20.18, Inflammation Score:-10, Nutrition Score:37.77478273796%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 386.22kcal (19.31%), Fat: 10.11g (15.56%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 50.81g (18.48%), Sugar: 9.23g (10.26%), Cholesterol: 11.77mg (3.92%), Sodium: 445.62mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.43%), Vitamin K: 333.06µg (317.2%), Manganese: 2.34mg (116.82%), Iron: 15.34mg (85.25%), Selenium: 43.29µg (61.85%), Vitamin A: 2430.11IU (48.6%), Vitamin C: 37.86mg (45.89%), Calcium: 458.15mg (45.81%), Fiber: 11.16g (44.65%), Magnesium: 172.36mg (43.09%), Copper: 0.81mg (40.59%), Potassium: 1294.74mg (36.99%), Vitamin B2: 0.52mg (30.5%), Phosphorus: 303.56mg

(30.36%), Folate: 111.37µg (27.84%), Vitamin B6: 0.55mg (27.68%), Vitamin B3: 5.21mg (26.03%), Vitamin E: 3.56mg (23.74%), Zinc: 2.8mg (18.64%), Vitamin B5: 1.48mg (14.81%), Vitamin B1: 0.21mg (13.81%), Vitamin B12: 0.1µg (1.73%)