



Wild-Mushroom Pasta

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 lb crimini mushrooms fresh trimmed sliced
- ☐ 0.7 oz the following: parmesan rind) dried
- ☐ 0.5 lb eggs dried
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.8 lb mushrooms wild mixed fresh such as oyster, chanterelle, or porcini, trimmed and sliced lengthwise 1/
- ☐ 1 large garlic clove minced

- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest fresh finely grated
- ☐ 6 servings parmesan grated
- ☐ 0.8 teaspoon salt
- ☐ 5 tablespoons butter unsalted
- ☐ 1.8 cups water

Equipment

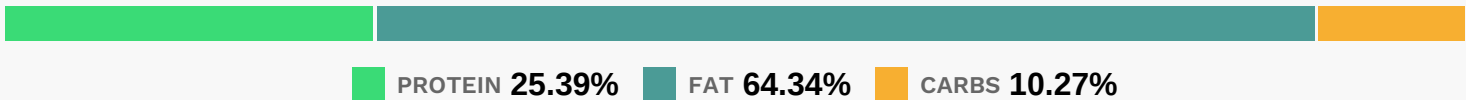
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ colander

Directions

- ☐ Soak dried mushrooms in boiling-hot water in a bowl until softened, about 20 minutes.
- ☐ Drain in a paper-towel-lined sieve set over a bowl and reserve soaking liquid, then rinse soaked mushrooms. Pat dry and finely chop.
- ☐ Heat 3 tablespoons butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté fresh mushrooms with garlic, salt, and pepper, stirring occasionally, until liquid mushrooms give off is evaporated and mushrooms are browned, 5 to 7 minutes. Stir in chopped soaked mushrooms and reserved mushroom-soaking liquid and simmer 1 minute, then remove from heat.
- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water until al dente, about 5 minutes. Ladle out and reserve 1/4 cup pasta cooking water.
- ☐ Drain pasta in a colander, then add it to mushrooms in skillet.
- ☐ Add remaining 2 tablespoons butter and cook over moderately high heat, tossing and adding some pasta-cooking liquid if necessary to lightly coat, 1 minute.
- ☐ Add chives, parsley, lemon zest, and juice, then toss well.

- ☐ Serve immediately with cheese and pepper to taste.
- ☐ Fresh hen-of-the-woods, beech (also called shimeji), or any other wild mushrooms can be substituted for the mixed fresh wild mushrooms.
- ☐ **Nutritional Information**
- ☐ Gourmet
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:18.236086824666%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 287.68kcal (14.38%), Fat: 21.1g (32.46%), Saturated Fat: 12.15g (75.91%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 6.25g (2.27%), Sugar: 2.31g (2.56%), Cholesterol: 186.1mg (62.03%), Sodium: 836.14mg (36.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.73g (37.46%), Selenium: 35.12µg (50.17%), Vitamin B2: 0.73mg (43.17%), Calcium: 395.61mg (39.56%), Phosphorus: 391.95mg (39.2%), Copper: 0.59mg (29.48%), Vitamin B5: 2.85mg (28.5%), Vitamin K: 27µg (25.72%), Vitamin B3: 4.08mg (20.38%), Vitamin A: 915.61IU (18.31%), Zinc: 2.31mg (15.43%), Potassium: 497.25mg (14.21%), Vitamin B12: 0.78µg (12.95%), Folate: 48.39µg (12.1%), Vitamin B6: 0.23mg (11.69%), Vitamin D: 1.36µg (9.03%), Iron: 1.53mg (8.51%), Magnesium: 33.06mg (8.27%), Vitamin B1: 0.12mg (8.18%), Manganese: 0.16mg (8.13%), Vitamin C: 5mg (6.07%), Fiber: 1.33g (5.31%), Vitamin E: 0.76mg (5.06%)