



Wild Mushroom Pastitsio

READY IN



63 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounce tomato sauce canned
- ☐ 4 cups fusilli pasta hot cooked
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 2 cups milk 1% low-fat
- ☐ 16 ounce pre exotic mushroom blend chopped
- ☐ 4 teaspoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 6 ounces part-skim mozzarella cheese shredded divided
- ☐ 1 teaspoon butter unsalted

Equipment

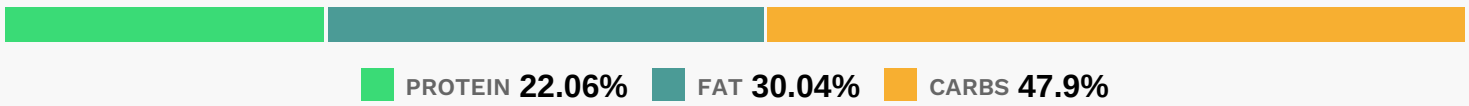
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat 1 tablespoon oil in a Dutch oven over medium-high heat; swirl to coat.
- ☐ Add onion and garlic; saut for 3 minutes or until tender.
- ☐ Add mushrooms. Cook for 8 minutes or until liquid almost evaporates. Stir in oregano, 1/4 teaspoon salt, black pepper, nutmeg, and tomato sauce. Cook 2 minutes, stirring frequently.
- ☐ Remove from heat; set aside.
- ☐ Combine eggs and parsley in a large bowl.
- ☐ Heat the remaining 1 teaspoon oil and butter in a medium saucepan over medium heat.

- ☐ Sprinkle flour evenly into pan; cook 2 minutes, stirring constantly. Gradually add milk to flour mixture, stirring with a whisk until smooth. Bring to a boil; cook 2 minutes or until thickened, stirring frequently.
- ☐ Remove from heat; let stand 4 minutes. Stir in remaining 1/4 teaspoon salt and 1 cup cheese. Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk.
- ☐ Add pasta to milk mixture; toss to combine.
- ☐ Spread 2 cups pasta mixture in an 11 x 7-inch baking dish coated with cooking spray. Top with mushroom mixture. Top with remaining pasta mixture. Cover with foil coated with cooking spray.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove foil; sprinkle with remaining 1/2 cup cheese.
- ☐ Preheat broiler.
- ☐ Broil 5 minutes or until cheese melts.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:66.08, Glycemic Load:14.45, Inflammation Score:-8, Nutrition Score:20.29826097903%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 340.1kcal (17%), Fat: 11.52g (17.72%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 36.49g (13.27%), Sugar: 9.08g (10.09%), Cholesterol: 85.87mg (28.62%), Sodium: 613.15mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.06%), Selenium: 37.03µg (52.9%), Phosphorus: 399.7mg (39.97%), Vitamin K: 41.55µg (39.57%), Calcium: 367.52mg (36.75%), Manganese: 0.6mg (29.87%), Vitamin B2: 0.5mg (29.46%), Vitamin B6: 0.45mg (22.42%), Vitamin B3: 3.97mg (19.83%), Vitamin B5: 1.97mg (19.65%), Fiber: 4.84g (19.37%), Zinc: 2.71mg (18.09%), Potassium: 616.49mg (17.61%), Vitamin A: 748.82IU

(14.98%), Magnesium: 59.67mg (14.92%), Iron: 2.65mg (14.7%), Vitamin B12: 0.86µg (14.37%), Copper: 0.28mg (13.76%), Folate: 44.28µg (11.07%), Vitamin D: 1.6µg (10.66%), Vitamin E: 1.4mg (9.34%), Vitamin C: 7.61mg (9.23%), Vitamin B1: 0.13mg (8.34%)