



Ziti with Tuscan Porcini Mushroom Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 8 ounces mushrooms sliced
- 0.3 ounce the following: parmesan rind) dried chopped
- 0.8 cup fat-skimmed beef broth fat-free
- 2 garlic clove minced
- 1 tablespoon olive oil
- 1 ounce parmesan fresh grated
- 1 tablespoon parsley finely chopped
- 0.1 teaspoon salt

- 4 quarts water
- 3 cups .5 oz. macaroni tube-shaped uncooked (8 ounces short pasta)
- 1 teaspoon rosemary dried fresh minced

Equipment

- bowl
- frying pan
- pot
- wax paper
- microwave

Directions

- Combine broth and porcini mushrooms in a small microwave-safe bowl. Cover with wax paper; microwave at high 2 minutes; let stand 10 minutes.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add button mushrooms, rosemary, salt, and garlic; saut 3 minutes.
- Add broth mixture and porcini mushrooms to pan; remove from heat.
- Bring water to a boil in a large stockpot.
- Add ziti; return to a boil. Cook, uncovered, 10 minutes or until al dente, stirring occasionally.
- Drain. Stir ziti into mushroom mixture; cook 3 minutes or until thoroughly heated. Stir in cheese, parsley, and pepper.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:16.385217635528%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:

0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin:
0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 373.3kcal (18.66%), Fat: 6.83g (10.5%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 62.93g (20.98%), Net
Carbohydrates: 59.53g (21.65%), Sugar: 3.41g (3.79%), Cholesterol: 4.82mg (1.61%), Sodium: 416.32mg (18.1%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.19%), Selenium: 58.61µg (83.73%), Manganese:
0.82mg (40.95%), Copper: 0.67mg (33.45%), Phosphorus: 259.77mg (25.98%), Vitamin B3: 3.92mg (19.59%),
Vitamin B2: 0.33mg (19.59%), Vitamin K: 18.94µg (18.03%), Vitamin B5: 1.67mg (16.74%), Magnesium: 63.33mg
(15.83%), Calcium: 137.49mg (13.75%), Fiber: 3.4g (13.59%), Zinc: 1.87mg (12.46%), Potassium: 415.89mg (11.88%),
Vitamin B6: 0.22mg (11.03%), Vitamin B1: 0.13mg (8.8%), Iron: 1.58mg (8.79%), Folate: 29.29µg (7.32%), Vitamin E:
0.62mg (4.15%), Vitamin C: 3.07mg (3.72%), Vitamin B12: 0.19µg (3.21%), Vitamin A: 141.19IU (2.82%), Vitamin D:
0.22µg (1.45%)