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## Wild Mushroom & Chicken Pasta

This delicious pasta dish combines the earthy flavors of wild mushrooms with tender chicken. It's a hearty and satisfying meal that is perfect for any occasion.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	chicken breast
<b>200 g</b>	wild mushrooms
<b>300 g</b>	pasta
<b>3 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt

**0.5 tsp** black pepper

**50 g** parmesan cheese

**10 g** fresh parsley

## Directions

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### Step 1

Boiling

Cook the pasta according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add garlic and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 3

Sautéing

Add chicken to the skillet and cook until browned and cooked through.

**Prep Time:** 5 mins

**Cook Time:** 8 mins

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## Step 4

Sautéing

Add mushrooms to the skillet and cook until tender.

**Prep Time:** 3 mins

**Cook Time:** 4 mins

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## Step 5

Mixing

Add cooked pasta to the skillet and toss to combine. Season with salt and black pepper.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

Plating

Serve the pasta topped with grated Parmesan cheese and chopped fresh parsley.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving

### Cuisines

Italian Chinese American

### Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium Sugar-Free  
High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender Mixer Oven Stove

### Course

Appetizers Main Dishes Salads Sauces & Dressings

### Cooking Method

Steaming

Cut

Mixing

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Preparation

Cooling

Oven

### Meal Type

Lunch

### Difficulty Level

Medium

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