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Toasted Mushroom Macaroni [♦]

Toasted Mushroom Macaroni is a delicious and hearty pasta dish that combines the earthy flavors of mushrooms with creamy macaroni. It is a comforting and satisfying meal that can be enjoyed any time of the year. The mushrooms are sautéed until golden and then tossed with cooked macaroni and a creamy sauce. The dish is finished off with a sprinkle of cheese and a quick toast in the oven to create a crispy and cheesy topping. This recipe is perfect for those who love mushrooms and pasta!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	macaroni
200 g	Mushrooms
30 g	butter

30 g	flour
500 ml	milk
100 g	cheddar cheese
1 tsp	salt
0.5 tsp	pepper
10 g	Parsley

Directions

Step 1

Boiling

Cook the macaroni according to the package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the mushrooms and sauté until golden brown, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Cooking

Sprinkle the flour over the mushrooms and stir to coat. Cook for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stirring

Gradually whisk in the milk, stirring constantly until the sauce thickens.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Stirring

Stir in the cooked macaroni, cheddar cheese, salt, and pepper. Cook for 2 minutes, until the cheese melts and the mixture is well combined.

Prep Time: 2 mins

Cook Time: 2 mins

Step 6

Preheating

Preheat the oven to 180°C (350°F). Transfer the macaroni mixture to a baking dish and sprinkle with parsley.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Baking

Bake for 10 minutes, until the top is golden and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	5 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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Cuisines

Italian

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Halloween

Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Werewolf Diet

The Five-Bite Diet

The 3-Day Diet

The Eat-Clean Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

The Optavia Diet

The Pritikin Diet

The Starch Solution Diet

The Vertical Diet

The GOLO Diet

The Specific Carbohydrate Diet (SCD)

The Anti-Candida Diet

The Dr. Sebi Diet

The Crohn's Disease Diet

The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The Histamine Intolerance Diet

The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet

The Low Oxalate Diet

The Diabetes Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet

The Chronic Fatigue Syndrome Diet

The Arthritis Diet The Osteoporosis Diet The Heart-Healthy Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet The Low Purine Diet

The Low-Fat Diet The High-Protein Diet The Low-Protein Diet

The High-Calcium Diet The High-Potassium Diet The Low-Phosphorus Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Copper Diet

The Spring Detox Diet The Fall Immunity-Boosting Diet The Winter Warming Diet

The Celiac Disease Diet The Gallbladder Diet The Kidney Stone Diet

The Anti-Anxiety Diet The Depression Diet The Adrenal Fatigue Diet

The Endometriosis Diet The Hashimoto's Disease Diet The Lyme Disease Diet

The Diverticulitis Diet The Restless Leg Syndrome Diet The Tinnitus Diet

The Interstitial Cystitis Diet The Gastroparesis Diet The Menopause Diet

The Post-Pregnancy Diet The Fertility Diet The Breastfeeding Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Insomnia Diet The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Frying Baking Boiling Sautéing Roasting Smoking Curing Blending
Grinding Freezing Canning Drying Pickling Sous Vide Pasteurizing
Fermenting Infusing Pressing Jellying Carbonating Whipping Stirring
Simmering Cutting Cut Mixing Resting Plating Serving Cooking
None Stir-frying Mashing Preheating Sprinkling Heating Refrigerating
Preparation Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease
Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease
Diverticulitis Hemorrhoids Appendicitis Gallstones Pancreatitis
Liver disease Gastroparesis Gastroenteritis Hepatitis Colorectal cancer

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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