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Sundried Tomato and Mushroom Pasta ••

This delicious pasta dish combines the rich flavors of sundried tomatoes and mushrooms. It is a hearty and satisfying meal that can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------------|-------------------|
| 400 g | pasta |
| 100 g | Sundried Tomatoes |
| 200 g | Mushrooms |
| 2 tbsp | olive oil |
| 2 cloves | garlic |

| | |
|------------------|-----------------|
| 1 tsp | salt |
| 0.5 tsp | black pepper |
| 50 g | parmesan cheese |
| 10 leaves | Fresh Basil |

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a pan, heat olive oil over medium heat. Add minced garlic and cook until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add sliced mushrooms and sundried tomatoes to the pan. Cook until mushrooms are tender.

Prep Time: 5 mins

Cook Time: 7 mins

Step 4

Stirring

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

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Plating

Serve the pasta hot, garnished with grated Parmesan cheese and fresh basil leaves.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 10 g | 58.82% | 58.82% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 45 g | 81.82% | 90% |
| 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 |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 8 g | 28.57% | 32% |
| Cholesterol | 5 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 15 mg | 16.67% | 20% |
| Vitamin B6 | 0 mg | 0% | 0% |
| 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 | 500 mg | 21.74% | 21.74% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 400 mg | 11.76% | 15.38% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Cuisines

Italian

Course

Salads

Cultural

Chinese New Year

Demographics

Kids Friendly

Teen Friendly

Diet

Vegetarian Diet

Raw Food Diet

Pescatarian Diet

Fruitarian Diet

Anti-Inflammatory Diet

The Fast Metabolism Diet

The Gerson Therapy

The Cabbage Soup Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Rice Diet

The 3-Hour Diet

The Israeli Army Diet

The Air Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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