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## Garlic Mushroom Pasta

Garlic Mushroom Pasta is a delicious and flavorful pasta dish that combines sautéed garlic mushrooms with al dente pasta. It is a versatile recipe that can be enjoyed as a main course or a side dish. The garlic adds a rich and savory flavor to the dish, while the mushrooms provide a meaty texture. This recipe is perfect for garlic and mushroom lovers.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Pasta
4 cloves	garlic
200 g	Mushrooms
2 tbsp	olive oil

1 teaspoon	salt
1 teaspoon	black pepper
50 g	parmesan cheese
2 tbsp	fresh parsley

## Directions

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### Step 1

#### Boiling

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

#### Sautéing

Heat olive oil in a large pan over medium heat. Add minced garlic and sauté until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 3

## Sautéing

Add sliced mushrooms to the pan and cook until they release their moisture and become golden brown.

**Prep Time:** 5 mins

**Cook Time:** 7 mins

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## Step 4

Season with salt and black pepper to taste.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 5

### Stirring

Add the cooked pasta to the pan and toss until well combined.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 6

Remove from heat and sprinkle with grated Parmesan cheese and chopped fresh parsley.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

## Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 40 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	40 g	72.73%	80%
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	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	150 mg	15%	15%
Iron	3 mg	37.5%	16.67%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian

### Course

Main Dishes

Sauces & Dressings

### Cooking Method

Steaming

Sautéing

Blending

Simmering

Cutting

Serving

None

Sprinkling

Stove

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Irritable bowel syndrome (IBS)

Celiac disease

Liver disease

Hepatitis

Colorectal cancer

### Meal Type

Supper

Lunch

Dinner

Snack

### Difficulty Level

Medium

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