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Spaghetti w/Mushroom Sauce ♦♦

A delicious pasta dish made with spaghetti noodles and a creamy mushroom sauce.
Perfect for a cozy dinner!

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	Spaghetti noodles
200 g	Mushrooms
2 tbsp	olive oil
2 cloves	garlic
1 medium	onion

1 c	vegetable broth
2 tbsp	soy sauce
1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	Parsley

Directions

Step 1

Boiling

Cook the spaghetti noodles according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and diced onion.

Cook until fragrant and onions are translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add sliced mushrooms to the skillet and cook until they release their moisture and start to brown.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Simmering

Pour vegetable broth and soy sauce into the skillet. Season with salt and black pepper. Simmer for 10 minutes, allowing the flavors to meld together.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Stirring

Add cooked spaghetti noodles to the skillet and toss to coat them in the mushroom sauce. Cook for an additional 2-3 minutes until heated through.

Prep Time: 2 mins

Cook Time: 3 mins

Step 6

Plating

Garnish with chopped parsley and serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 6 g

Protein: 10 g

Carbohydrates: 40 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)
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Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
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	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian French American Middle Eastern

Kitchen Tools

Slow Cooker Blender

Nutritional Content

Low Calorie High Fiber

Course

Salads Snacks

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Seasonality

Spring

Summer

Fall

Events

Christmas

Difficulty Level

Medium

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