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Senior Manager's Favorite Spaghetti with Marinara & Mushroom Sauce

This recipe is a favorite of our senior manager. It features spaghetti with a delicious marinara and mushroom sauce. The dish is rich in flavor and perfect for a hearty meal.

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

400 g	spaghetti
2 c	marinara sauce
200 g	Mushrooms
4 cloves	garlic
2 tbsp	olive oil

1 tsp	salt
1 tsp	black pepper
50 g	parmesan cheese

Directions

Step 1

Boiling

Cook the spaghetti according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

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

Prep Time: 5 mins

Cook Time: 5 mins

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: 10 mins

Step 4

Simmering

Pour marinara sauce into the pan and stir well. Season with salt and black pepper to taste.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Stirring

Add cooked spaghetti to the pan and toss until well coated with the sauce.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Plating

Serve hot with grated Parmesan cheese on top.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 50 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	50 g	90.91%	100%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	8 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	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	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
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

Cuisines

Italian

Kitchen Tools

Grill

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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