




SPECIAL PASTA WITH MUSHROOMS

 Low protein diet

Kcal Hypercaloric

 Second Course

 HSJDBCN



METHOD

- Cook the pasta.
- Peel and slice the clove of garlic and heat it with a little oil and salt over a low flame.
- Add the cleaned mushrooms and keep them on the flame until all their water has evaporated.
- Add the mushrooms to the pasta al dente along with the cheese and mix well.

INGREDIENTS

RECIPE FOR 4 PEOPLE

- 320g of low protein pasta (raw)
- 120g black chanterelle mushrooms
- 1 clove garlic
- 80g low protein cheese
- 40ml olive oil
- Salt

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 1.8g (Kcal 1.6%)
- Lipids total (g): 14.8 g (Kcal 31%):
- Carbohydrates (g) 71 g (Kcal 67 %)
- Energy (Kcal): 426
- Polyunsaturates (g): 1.1
- Tryptophane (mg): 10.5
- Leucine (mg): 86.8
- Lysine (mg) 32.1
- Methionine (mg): 10.9
- Phenylalanine (mg): 78.5



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