

# Creamy Mushroom Pasta

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pasta-recipe-soy-sauce>

## Ingredients:

- 8 ounces pasta uncooked, I like fettuccine or linguine
- 1 tablespoon butter
- 1/2 tablespoon olive oil
- 7 ounces mushrooms I used cremini mushrooms sliced thin
- 2 cloves garlic minced
- 1/3 cup dry white wine
- 2 dashes Italian seasoning
- 1 teaspoon lemon juice
- 1 teaspoon flour
- 1/2 teaspoon Dijon mustard
- 1 cup whipping cream heavy/
- salt
- pepper
- fresh parsley chopped, to taste
- grated Parmesan cheese Freshly, to taste, optional

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 50 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 10 grams
8. Sodium: 290 milligrams
9. Sugar: 3 grams

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