



Absolutely Fabulous Portobello Mushroom Tortellini

READY IN



25 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound cheese tortellini
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic minced
- 0.3 cup parmesan cheese grated
- 8 ounces pasta sauce alfredo-style
- 2 large portabello mushrooms
- 4 servings salt and pepper to taste
- 0.3 cup white wine

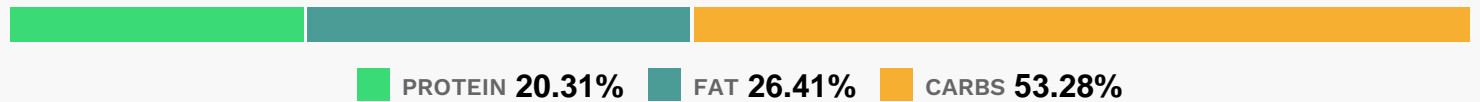
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Meanwhile, prepare mushrooms by rinsing and thinly slicing the mushroom caps; discard the stems.
- In a medium skillet over low heat, combine wine, parsley, garlic and mushrooms; stirring frequently, saute for approximately 5 minutes or until mushrooms are cooked through.
- Remove skillet from heat and slowly add Alfredo sauce, stirring to blend; season with salt and pepper to taste.
- Separate hot pasta into four portions and spoon sauce over pasta.
- Garnish with cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:23.63, Inflammation Score:-4, Nutrition Score:9.3960869364117%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 425.49kcal (21.27%), Fat: 12.3g (18.93%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 55.83g (18.61%), Net Carbohydrates: 50.06g (18.21%), Sugar: 6.42g (7.13%), Cholesterol: 50.34mg (16.78%), Sodium: 1105.87mg (48.08%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 21.29g (42.58%), Calcium: 248.89mg (24.89%), Fiber: 5.77g (23.08%), Iron: 3.73mg (20.74%), Vitamin K: 18.21µg (17.35%), Selenium: 11.3µg (16.14%), Vitamin B3: 2.5mg (12.48%), Phosphorus: 119.08mg (11.91%), Potassium: 358.85mg (10.25%), Copper: 0.2mg (9.77%), Vitamin A: 401.97IU (8.04%), Vitamin B6: 0.15mg (7.57%), Vitamin B2: 0.13mg (7.36%), Manganese: 0.14mg (7.07%), Vitamin B5: 0.7mg (7.01%), Vitamin C: 5.77mg (6.99%), Vitamin E: 0.88mg (5.84%), Zinc: 0.75mg (5.03%), Folate: 19.08µg (4.77%), Magnesium: 13.8mg (3.45%), Vitamin B1: 0.05mg (3.02%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.17µg (1.12%)