



Cheese Tortellini with Porcini Pecorino Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bay leaves
- 1 pound cheese tortellini
- 1 ounce porcini mushrooms dried
- 2 tablespoons parsley leaves fresh chopped
- 3 cloves garlic minced
- 0.5 cup heavy cream
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 0.3 cup pecorino cheese grated

0.3 cup shallots chopped

1 cup water hot

Equipment

frying pan

sieve

tongs

Directions

Soak dried mushrooms in hot water for 15 minutes. Strain mushrooms through a sieve, reserving liquid. While the mushrooms are soaking, cook tortellini according to package directions.

While the tortellini is cooking, heat oil in a large skillet over medium-high heat.

Add shallots and garlic and cook 3 minutes, stirring with spoon until soft.

Add oregano and bay leaves and cook 1 minute, until fragrant.

Add porcini mushrooms and reserved mushroom soaking liquid and bring to a simmer, for 5 minutes. Reduce heat to medium, add heavy cream and simmer 2 minutes to heat through.

Remove bay leaves with tongs, add tortellini to the mushrooms and cook 1 minute, to heat through.

Remove from heat and stir in cheese and parsley.

Serve immediately.

Nutrition Facts



PROTEIN 15.35% **FAT 41.77%** **CARBS 42.88%**

Properties

Glycemic Index:43.5, Glycemic Load:23.35, Inflammation Score:-7, Nutrition Score:11.166956435079%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg,

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 546.12kcal (27.31%), Fat: 25.7g (39.54%), Saturated Fat: 11.6g (72.51%), Carbohydrates: 59.37g (19.79%), Net Carbohydrates: 53.43g (19.43%), Sugar: 5.47g (6.08%), Cholesterol: 83.21mg (27.74%), Sodium: 582.54mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.26g (42.51%), Vitamin K: 39.26µg (37.39%), Calcium: 269.89mg (26.99%), Fiber: 5.94g (23.75%), Copper: 0.41mg (20.34%), Iron: 3.66mg (20.31%), Vitamin B5: 1.72mg (17.22%), Vitamin A: 644.13IU (12.88%), Vitamin B2: 0.18mg (10.55%), Phosphorus: 99.86mg (9.99%), Manganese: 0.2mg (9.9%), Vitamin B6: 0.17mg (8.55%), Selenium: 5.59µg (7.98%), Potassium: 218.45mg (6.24%), Vitamin C: 5.01mg (6.07%), Vitamin E: 0.91mg (6.04%), Zinc: 0.9mg (6.02%), Folate: 22.59µg (5.65%), Vitamin B3: 1.12mg (5.59%), Vitamin D: 0.78µg (5.22%), Magnesium: 20.67mg (5.17%), Vitamin B1: 0.05mg (3.03%), Vitamin B12: 0.12µg (1.96%)