



Pasta Shells with Portobello Mushrooms and Asparagus in Boursin Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus fresh trimmed
- 5.2 ounce philadelphia cheese and herb cooking creme
- 1 tablespoon butter
- 1.3 cups chicken broth low-sodium
- 1 tablespoon olive oil
- 0.8 pound shells uncooked
- 1 pound portabello mushrooms
- 0.5 teaspoon salt

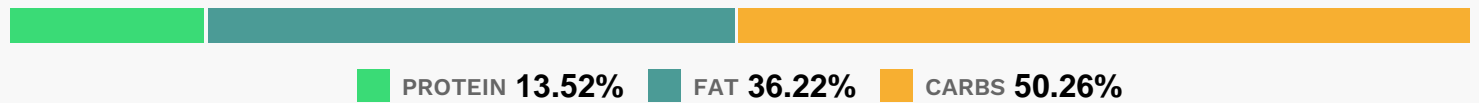
Equipment

- frying pan
- pot

Directions

- In a large skillet over medium heat, melt the butter and heat the olive oil.
- Cut the mushroom caps in half, and slice 1/4 inch thick. Cook mushrooms in the skillet 8 minutes, or until tender and lightly browned. Season with salt. Stir in the chicken broth and Boursin cheese. Reduce heat and simmer, stirring constantly, until well blended.
- Bring a large pot of lightly salted water to a boil.
- Add shell pasta and cook for 5 minutes.
- Place the asparagus into the pot, and continue cooking 5 minutes, until the pasta is al dente and the asparagus is tender; drain. Toss with the mushroom sauce to serve.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:17.45, Inflammation Score:-7, Nutrition Score:17.569130555443%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 388.99kcal (19.45%), Fat: 15.9g (24.46%), Saturated Fat: 8.62g (53.86%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 45.25g (16.45%), Sugar: 5.74g (6.37%), Cholesterol: 30.43mg (10.14%), Sodium: 387.81mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Selenium: 51.66µg (73.8%), Manganese: 0.69mg (34.6%), Vitamin K: 33.07µg (31.5%), Vitamin B3: 5.78mg (28.88%), Copper: 0.55mg (27.41%), Phosphorus: 243.43mg (24.34%), Folate: 70.75µg (17.69%), Vitamin A: 883.89IU (17.68%), Fiber: 4.38g (17.54%), Potassium: 597.23mg (17.06%), Iron: 2.71mg (15.04%), Vitamin B2: 0.25mg (14.97%), Vitamin B1: 0.2mg (13.59%), Vitamin B6: 0.27mg (13.31%), Vitamin B5: 1.32mg (13.16%), Zinc: 1.66mg (11.07%), Magnesium: 41.18mg (10.29%), Vitamin E: 1.32mg (8.81%), Calcium: 51.92mg (5.19%), Vitamin C: 4.23mg (5.13%), Vitamin B12: 0.09µg (1.52%),

Vitamin D: 0.23 μ g (1.51%)