



Pasta Shells with Portobello Mushrooms, Asparagus, and Boursin Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus
- 5.5 ounces pepper boursin cheese
- 1 tablespoon butter
- 1.3 cups chicken broth low-sodium homemade canned
- 1 tablespoon olive oil
- 0.8 pound shells
- 1 pound portabello mushrooms halved
- 0.5 teaspoon salt

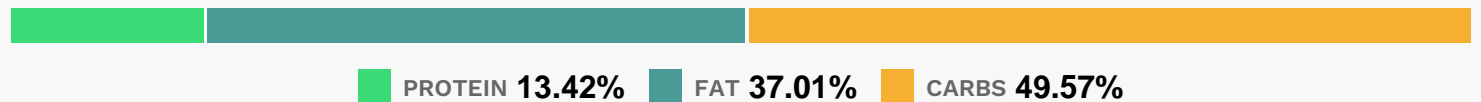
Equipment

- frying pan
- pot

Directions

- In a large frying pan, melt the butter with the oil over moderate heat.
- Add the mushrooms and salt and cook, stirring occasionally, until the mushrooms are tender and well browned, about 8 minutes.
- Add the chicken broth and Boursin cheese and bring to a simmer while stirring.
- Snap the tough ends off the asparagus and discard them.
- Cut the spears into 1/2-inch pieces. In a large pot of boiling, salted water, cook the pasta until almost done, about 6 minutes.
- Add the asparagus and cook until it and the pasta are just done, about 4 minutes longer.
- Drain. Toss with the mushrooms and sauce.
- Convenient Portobellos: Many stores carry packages of already stemmed and sliced portobello mushrooms, a real convenience. You can use ten ounces of the presliced portobello caps in place of the one pound of whole mushrooms we call for here.
- Wine Recommendation: Asparagus is best with a high-acid white wine such as a Bordeaux blanc from France or a California sauvignon blanc. These wines will also balance the rich cheese.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:26.18, Inflammation Score:-8, Nutrition Score:25.913478250089%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 592.29kcal (29.61%), Fat: 24.72g (38.04%), Saturated Fat: 13.51g (84.46%), Carbohydrates: 74.52g (24.84%), Net Carbohydrates: 67.95g (24.71%), Sugar: 8.68g (9.64%), Cholesterol: 47.85mg (15.95%), Sodium: 594.91mg (25.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.34%), Selenium: 77.49µg (110.7%), Manganese: 1.04mg (51.9%), Vitamin K: 49.61µg (47.25%), Vitamin B3: 8.66mg (43.31%), Copper: 0.82mg (41.11%), Phosphorus: 365.14mg (36.51%), Vitamin A: 1347.81IU (26.96%), Folate: 106.13µg (26.53%), Fiber: 6.58g (26.31%), Potassium: 895.85mg (25.6%), Iron: 4.06mg (22.56%), Vitamin B2: 0.38mg (22.45%), Vitamin B1: 0.31mg (20.39%), Vitamin B6: 0.4mg (19.96%), Vitamin B5: 1.97mg (19.74%), Zinc: 2.49mg (16.6%), Magnesium: 61.77mg (15.44%), Vitamin E: 1.98mg (13.22%), Calcium: 79.34mg (7.93%), Vitamin C: 6.35mg (7.7%), Vitamin D: 0.34µg (2.27%), Vitamin B12: 0.14µg (2.27%)