



Porcini Mushroom Tortelloni With Wilted Greens

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 1 Tbsp balsamic vinegar
- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 garlic clove minced
- ☐ 8 oz porcini mushroom tortelloni
- ☐ 1 small onion chopped

- ☐ 0.5 cup freshly parmesan cheese shaved
- ☐ 0.5 cup peas frozen
- ☐ 2 plum tomatoes chopped
- ☐ 5.5 oz baby spinach-and-spring greens mix washed

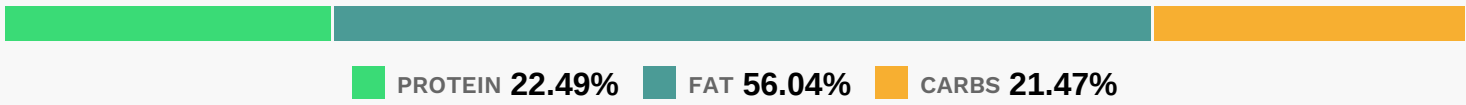
Equipment

- ☐ frying pan

Directions

- ☐ Prepare tortelloni according to package directions. Keep warm.
- ☐ Meanwhile, cook bacon in a large skillet over medium-high heat 6 to 8 minutes or until crisp; remove bacon, reserving 2 Tbsp. drippings in skillet.
- ☐ Add onion, and saut 3 minutes or until tender. Stir in garlic, and saut 1 minute. Stir in wine and vinegar, and cook 2 minutes, stirring to loosen particles from bottom of skillet.
- ☐ Stir in chicken broth, peas, tomatoes, and tortelloni, and cook 2 to 3 minutes or until thoroughly heated.
- ☐ Serve over salad greens, and sprinkle evenly with Parmesan cheese.
- ☐ Note: For testing purposes only, we used Barilla Porcini Mushroom Tortelloni and Fresh Express 50/50
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:65.83, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:12.339565349662%

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: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 205.41kcal (10.27%), Fat: 12.4g (19.07%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 8.4g (3.06%), Sugar: 4.68g (5.2%), Cholesterol: 23.61mg (7.87%), Sodium: 472.79mg (20.56%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 11.2g (22.4%), Vitamin C: 23.26mg (28.19%), Phosphorus: 220.27mg (22.03%), Vitamin B2: 0.36mg (21.28%), Vitamin B3: 3.85mg (19.24%), Selenium: 13.32µg (19.02%), Vitamin A: 946.48IU (18.93%), Calcium: 172.49mg (17.25%), Copper: 0.28mg (13.92%), Manganese: 0.27mg (13.5%), Potassium: 469.08mg (13.4%), Vitamin B1: 0.2mg (13.29%), Vitamin B6: 0.25mg (12.66%), Vitamin B5: 1.16mg (11.56%), Folate: 44.87µg (11.22%), Fiber: 2.29g (9.14%), Zinc: 1.34mg (8.92%), Magnesium: 31.13mg (7.78%), Vitamin K: 7.3µg (6.95%), Iron: 1.21mg (6.73%), Vitamin B12: 0.29µg (4.81%), Vitamin E: 0.33mg (2.23%), Vitamin D: 0.26µg (1.76%)