



Portobello Bellybuttons

READY IN



30 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 pound button mushrooms sliced
- ☐ 16 ounce cheese tortellini
- ☐ 0.5 tablespoon basil dried
- ☐ 1 clove garlic minced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 portabello mushrooms chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup white wine

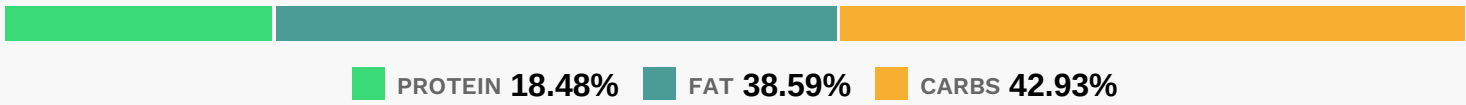
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook until al dente; drain.
- ☐ While water is boiling, melt the butter in a skillet and cook the garlic until fragrant. Stir in portobello mushrooms, button mushrooms, white wine, and basil. Season with salt and pepper to taste. Continue to cook until mushrooms are tender.
- ☐ Pour mushroom mixture into drained pasta and stir. Top with grated Parmesan cheese and serve.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:22.99, Inflammation Score:-3, Nutrition Score:11.367826088615%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 516.87kcal (25.84%), Fat: 22.02g (33.87%), Saturated Fat: 10.57g (66.09%), Carbohydrates: 55.12g (18.37%), Net Carbohydrates: 49.5g (18%), Sugar: 5.52g (6.14%), Cholesterol: 76.54mg (25.51%), Sodium: 980.08mg (42.61%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 23.72g (47.45%), Calcium: 290.47mg (29.05%), Selenium: 17.7µg (25.29%), Fiber: 5.63g (22.51%), Iron: 3.87mg (21.49%), Vitamin B3: 3.99mg (19.97%), Vitamin B2: 0.34mg (19.9%), Phosphorus: 181.11mg (18.11%), Copper: 0.32mg (15.95%), Vitamin B5: 1.4mg (13.95%), Potassium: 385.55mg (11.02%), Vitamin K: 9.59µg (9.14%), Vitamin B6: 0.16mg (7.75%), Zinc: 1.13mg (7.54%), Vitamin A: 374.31IU (7.49%), Manganese: 0.15mg (7.29%), Folate: 24.19µg (6.05%), Vitamin B1: 0.08mg (5.15%), Vitamin B12: 0.23µg

(3.84%), Magnesium: 14.94mg (3.73%), Vitamin E: 0.38mg (2.5%), Vitamin D: 0.3µg (2.01%), Vitamin C: 1.43mg (1.73%)