



Portobello Cream Sauce with Whole-Wheat Linguini

READY IN



50 min.

SERVINGS



4

CALORIES



1207 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 0.5 cup chicken stock-in-a-box
- 1 large bunch upland cress
- 2 cloves garlic sliced
- 1 teaspoon ground thyme
- 1.5 cups heavy cream
- 1 pound linguini whole-wheat
- 0.3 cup plum brandy

- 9 servings grates nutmeg
- 1 tablespoon olive oil extra-virgin
- 4 servings parmigiano-reggiano freshly grated
- 4 large portobello mushroom caps thinly sliced
- 4 servings salt and pepper black freshly ground
- 1 large shallots finely chopped
- 1 cup walnut pieces

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Watch how to make this recipe.
- In a medium saucepan, heat the extra-virgin olive oil, a turn of the pan, and butter over medium to medium-high heat.
- Add the mushrooms and brown for 10 minutes. Stir in the thyme, shallots and garlic. Season with salt and pepper, to taste, and cook for 2 to 3 minutes more. Stir in the port or Marsala, the stock and the cream. Season the sauce with a little nutmeg, then reduce the heat and simmer until it is just thick enough to coat the back of a spoon. Cool completely and store in the refrigerator for a make-ahead meal. Reheat the sauce, covered, over medium heat until it bubbles, then reduce heat to low.
- Bring a large pot of water to a boil over medium heat. Salt the water and add the pasta. Cook until al dente and then drain.
- Add the pasta to a large serving bowl.
- Toast the nuts in small pan over low heat until fragrant.
- Add the warm sauce to the pasta and serve with cheese, nuts and chopped watercress on top.

Nutrition Facts

PROTEIN 11.87% FAT 53.89% CARBS 34.24%

Properties

Glycemic Index:83.25, Glycemic Load:36.03, Inflammation Score:-9, Nutrition Score:33.99043458441%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 1207.45kcal (60.37%), Fat: 72.26g (111.17%), Saturated Fat: 32.96g (206.03%), Carbohydrates: 103.31g (34.44%), Net Carbohydrates: 95.31g (34.66%), Sugar: 12.58g (13.98%), Cholesterol: 137.2mg (45.73%), Sodium: 613.87mg (26.69%), Alcohol: 3.06g (100%), Alcohol %: 0.91% (100%), Protein: 35.81g (71.62%), Selenium: 99.42µg (142.02%), Manganese: 2.35mg (117.43%), Phosphorus: 697.83mg (69.78%), Copper: 1.14mg (57.11%), Calcium: 499.29mg (49.93%), Vitamin A: 1942.41IU (38.85%), Magnesium: 140.86mg (35.21%), Vitamin B3: 6.8mg (33.98%), Fiber: 8g (31.99%), Vitamin B2: 0.53mg (31.42%), Vitamin B6: 0.58mg (28.83%), Zinc: 4.21mg (28.08%), Potassium: 918.26mg (26.24%), Vitamin K: 27.08µg (25.79%), Folate: 86.83µg (21.71%), Vitamin B1: 0.32mg (21.65%), Vitamin B5: 2.04mg (20.38%), Iron: 3.62mg (20.12%), Vitamin E: 1.99mg (13.3%), Vitamin D: 1.83µg (12.2%), Vitamin B12: 0.56µg (9.28%), Vitamin C: 4.89mg (5.93%)