



Portobello Mushroom Ravioli with Prawns

READY IN



40 min.

SERVINGS



4

CALORIES



619 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.4 cup butter
- ☐ 3 tablespoons capers
- ☐ 12 ounces cheese ravioli fresh prepared
- ☐ 3 cloves garlic minced
- ☐ 0.5 juice of lemon juiced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 7 large portabello mushrooms sliced

- ☐ 20 large prawns deveined peeled
- ☐ 5 fluid ounces white wine

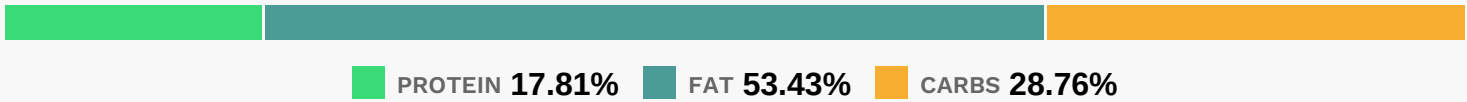
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Have a stock pot of water near boiling before starting the sauce for this recipe! If you're fast at making the sauce, throw in ravioli when you begin to make the sauce. If not, cook ravioli according to package directions.
- ☐ In a large saucepan, melt 1/4 cup of butter or margarine over a medium heat.
- ☐ Saute garlic for 1 to 2 minutes. Stir in olive oil and capers.
- ☐ Add 4 ounces of white wine and prawns, and bring to a boil.
- ☐ Reduce heat and simmer for 2 to 3 minutes, letting wine reduce. Stir in sliced mushrooms, and additional butter and wine so that the sauce is thick, but still liquid after 2 to 3 minutes. Stir in lemon juice, and add fresh pepper to taste.
- ☐ To serve, place raviolis on 4 plates, then place 5 to 6 prawns on each plate. Evenly distribute the remaining sauce between the four plates, and garnish with lots of freshly grated parmesan cheese!

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:13.1, Inflammation Score:-5, Nutrition Score:15.99478285209%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.69mg,

Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

Nutrients (% of daily need)

Calories: 619.16kcal (30.96%), Fat: 35.85g (55.15%), Saturated Fat: 15.77g (98.59%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 38.79g (14.1%), Sugar: 5.89g (6.54%), Cholesterol: 174.36mg (58.12%), Sodium: 946.64mg (41.16%), Alcohol: 3.81g (100%), Alcohol %: 1.33% (100%), Protein: 26.88g (53.77%), Iron: 9.9mg (55%), Selenium: 28.87µg (41.24%), Vitamin B3: 6.72mg (33.58%), Copper: 0.65mg (32.47%), Phosphorus: 297.87mg (29.79%), Potassium: 719.71mg (20.56%), Fiber: 4.62g (18.48%), Vitamin B5: 1.75mg (17.45%), Vitamin B6: 0.27mg (13.5%), Vitamin B2: 0.22mg (13.18%), Vitamin A: 562.7IU (11.25%), Folate: 44.53µg (11.13%), Zinc: 1.67mg (11.13%), Manganese: 0.22mg (10.94%), Vitamin E: 1.61mg (10.7%), Calcium: 91.16mg (9.12%), Vitamin K: 7.57µg (7.21%), Vitamin B1: 0.1mg (6.46%), Magnesium: 25.44mg (6.36%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.41mg (2.92%), Vitamin B12: 0.14µg (2.39%)