



Portobello-Porcini Cacciatore

READY IN



95 min.

SERVINGS



6

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 leaves basil
- 2 tablespoons butter
- 28 ounce canned tomatoes canned
- 1 cup cooking wine dry white
- 2 tablespoons thyme leaves fresh chopped
- 4 large garlic cloves peeled very thinly sliced
- 1 handful a pouch mushroom mix dried
- 0.3 cup olive oil extra-virgin
- 6 servings pecorino cheese grated for topping and passing at table

- 2 cubanelle peppers seeded very thinly sliced
- 6 portobello mushroom caps sliced
- 1 chile pepper red thinly sliced
- 6 servings salt and pepper black freshly ground
- 1 pound penne pasta whole-wheat with lines
- 1 medium onion red yellow thinly sliced quartered

Equipment

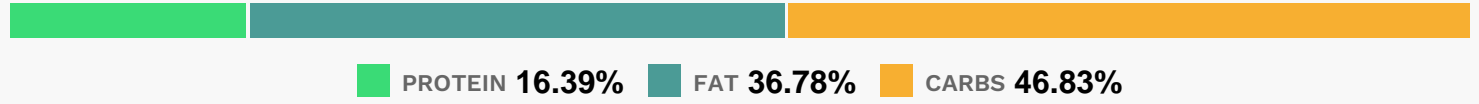
- bowl
- frying pan
- pot
- dutch oven

Directions

- Put the dried mushrooms in a pot and cover with a couple of cups of water, bring to a boil over medium heat, then reduce heat and simmer until the mushrooms soften.
- Meanwhile, in a Dutch oven heat the extra-virgin olive oil, 4 turns of the pan, over medium high heat.
- Add the sliced mushrooms and cook, stirring occasionally, until dark and tender, 12 to 15 minutes.
- Add the thyme, chile, garlic, peppers and onions and season with salt and pepper, to taste. Cook for 8 to 10 minutes, then add the wine and stir.
- Remove the reconstituted mushrooms from the liquid, chop and then add them to the sauce pot.
- Pour in all but last few spoonfuls of the mushroom liquid stock into sauce pot, the grit will settle at the bottom of the pan. Stir in the tomatoes, breaking them up with spoon then add the basil leaves and simmer the sauce 20 minutes. Cool and store for a make-ahead meal and reheat over medium flame, stirring occasionally.
- Boil large pot of water to a boil over medium heat.
- Add the pasta and cook until al dente.
- Drain the pasta and return it to the hot pot.

- Add the bitter and stir to melt.
- Pour in half of the sauce and toss.
- Serve in shallow bowls with more mushroom cacciatore on top.
- Garnish with lots of grated Romano.

Nutrition Facts



Properties

Glycemic Index:70.17, Glycemic Load:4.21, Inflammation Score:-10, Nutrition Score:23.19000000539%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 599.2kcal (29.96%), Fat: 23.59g (36.3%), Saturated Fat: 9.08g (56.74%), Carbohydrates: 67.58g (22.53%), Net Carbohydrates: 57.03g (20.74%), Sugar: 12.27g (13.63%), Cholesterol: 41.23mg (13.74%), Sodium: 577.57mg (25.11%), Alcohol: 4.12g (100%), Alcohol %: 1.17% (100%), Protein: 23.66g (47.32%), Vitamin C: 60.6mg (73.46%), Fiber: 10.55g (42.2%), Calcium: 394.7mg (39.47%), Phosphorus: 391.87mg (39.19%), Selenium: 21.28µg (30.4%), Vitamin B3: 5.83mg (29.16%), Copper: 0.56mg (27.87%), Vitamin B6: 0.55mg (27.56%), Manganese: 0.53mg (26.42%), Potassium: 893.94mg (25.54%), Vitamin E: 3.35mg (22.34%), Vitamin B2: 0.33mg (19.59%), Vitamin K: 18.87µg (17.97%), Vitamin A: 868.86IU (17.38%), Iron: 3.08mg (17.12%), Vitamin B5: 1.58mg (15.79%), Magnesium: 54.98mg (13.74%), Vitamin B1: 0.2mg (13.59%), Folate: 53.85µg (13.46%), Zinc: 1.8mg (12.01%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.4µg (2.68%)