



Portobello Tetrizzini

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 0.5 cup milk fat-free
- ☐ 0.3 cup preshredded parmesan cheese
- ☐ 12 ounce portabello mushrooms sliced coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup vegetable seasoning blend frozen thawed drained (such as McKenzie's)
- ☐ 3 tablespoons cooking sherry

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4 ounces pasta like spaghetti uncooked

Equipment

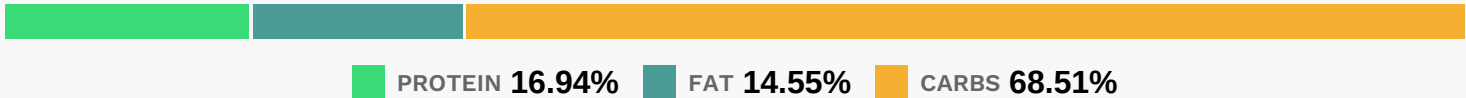
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frying pan

Directions

- ☐
- Cook spaghetti according to package directions, omitting salt and fat; drain and set aside.
- ☐
- Heat a large nonstick skillet coated with cooking spray over high heat.
- ☐
- Add mushrooms, and saut 4 minutes or until tender.
- ☐
- Add seasoning blend, and cook 1 minute.
- ☐
- Add soup and next 4 ingredients; reduce heat to medium, and simmer 5 minutes or until thickened.
- ☐
- Add spaghetti; toss well.
- ☐
- Place pasta mixture on each of 4 plates; top each serving with Parmesan cheese.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.56, Glycemic Load:9.9, Inflammation Score:-9, Nutrition Score:45.095652139705%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 371.55kcal (18.58%), Fat: 6.73g (10.35%), Saturated Fat: 3g (18.77%), Carbohydrates: 71.26g (23.75%), Net Carbohydrates: 43.92g (15.97%), Sugar: 7.01g (7.79%), Cholesterol: 8.98mg (2.99%), Sodium: 968.28mg (42.1%), Alcohol: 1.16g (100%), Alcohol %: 0.49% (100%), Protein: 17.62g (35.25%), Vitamin K: 368.1µg (350.57%), Manganese: 3.53mg (176.53%), Iron: 23.03mg (127.93%), Fiber: 27.33g (109.34%), Calcium: 1072.3mg (107.23%), Vitamin E: 10.86mg (72.42%), Selenium: 38.43µg (54.91%), Magnesium: 187.83mg (46.96%), Folate: 175.61µg (43.9%), Copper:

0.86mg (42.84%), Vitamin B6: 0.84mg (42.18%), Vitamin B3: 7.8mg (39%), Potassium: 1280.65mg (36.59%), Phosphorus: 333.43mg (33.34%), Vitamin B2: 0.55mg (32.26%), Zinc: 3.61mg (24.03%), Vitamin A: 1118.06IU (22.36%), Vitamin B5: 1.93mg (19.26%), Vitamin B1: 0.22mg (14.39%), Vitamin B12: 0.42µg (6.95%), Vitamin D: 0.62µg (4.16%), Vitamin C: 1.36mg (1.65%)