



Tortellini with Porcini Mushroom Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter ()
- 16 ounce cheese tortellini dried (such as Barilla)
- 1 ounce the following: parmesan rind) dried
- 4 teaspoons thyme sprigs fresh divided chopped
- 0.8 cup parmesan cheese divided freshly grated
- 1 cup shallots sliced
- 0.5 cup whipping cream

Equipment

bowl

pot

Directions

Place porcini mushrooms in 2-cup measuringcup; add enough hot water to measure 2cups.

Let stand until mushrooms are soft,about 20 minutes.

Drain mushrooms,reserving soaking liquid. Coarsely chopporcini mushrooms.

Cook tortellini in large pot of boilingsalted water until just tender but still firm tobite, stirring occasionally.

Meanwhile, melt butter in large skilletter over medium-high heat.

Add shallots; sautéuntil golden and tender, about 4 minutes.

Addmushrooms and 3 teaspoons thyme; sauté2 minutes. Stir in 1 cup mushroom soakingliquid and cream; boil until thickened to lightsauce consistency, about 3 minutes. Season to taste with salt and pepper.

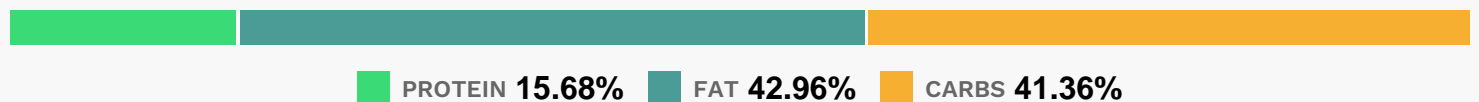
Drain tortellini; return to same pot.

Addmushroom mixture and toss to coat. Stir in1/2 cup cheese. Season with salt and pepper.

Transfer tortellini to bowl; sprinkle with 1/4cup cheese and 1 teaspoon thyme.

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:16.64, Inflammation Score:-9, Nutrition Score:8.8634781889294%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg

Nutrients (% of daily need)

Calories: 432.35kcal (21.62%), Fat: 20.98g (32.28%), Saturated Fat: 11.04g (68.99%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 40.57g (14.75%), Sugar: 5.92g (6.57%), Cholesterol: 72.05mg (24.02%), Sodium: 587.68mg (25.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.46%), Calcium: 252.19mg

(25.22%), Fiber: 4.86g (19.46%), Iron: 2.79mg (15.51%), Copper: 0.29mg (14.67%), Phosphorus: 130.84mg (13.08%), Vitamin B5: 1.25mg (12.5%), Vitamin A: 581.22IU (11.62%), Selenium: 7.67µg (10.95%), Manganese: 0.2mg (10.22%), Vitamin B6: 0.2mg (10.17%), Vitamin B2: 0.16mg (9.19%), Zinc: 1.14mg (7.58%), Potassium: 255.26mg (7.29%), Vitamin C: 5.57mg (6.76%), Folate: 23.39µg (5.85%), Magnesium: 22.51mg (5.63%), Vitamin B3: 0.79mg (3.97%), Vitamin D: 0.56µg (3.76%), Vitamin B12: 0.21µg (3.47%), Vitamin B1: 0.05mg (3.07%), Vitamin E: 0.37mg (2.47%), Vitamin K: 1.49µg (1.42%)