



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 three-cheese tortellini dried (such as Barilla)
- ☐ 1 ounce porcini mushrooms dried
- ☐ 4 teaspoons thyme leaves fresh divided chopped
- ☐ 0.8 cup parmesan cheese divided freshly grated
- ☐ 1 cup shallots sliced
- ☐ 0.5 cup whipping cream

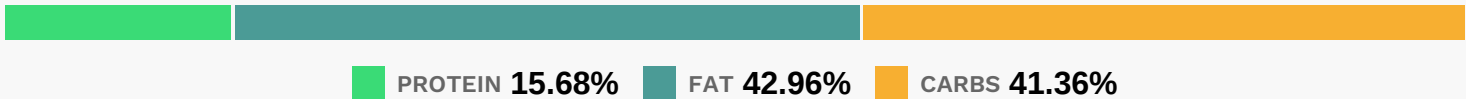
Equipment

- ☐ 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 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%)