



Tortelloni with Mushroom-Sage Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter ()
- 18 ounces cheese tortellini
- 1.5 tablespoons sage fresh chopped
- 12 ounces mushroom caps fresh stemmed sliced
- 0.5 cup shallots chopped
- 1.3 cups wine dry white dry
- 0.8 cup whipping cream

Equipment

frying pan

pot

Directions

Cook pasta in pot of boiling salted water according to package directions; drain.

Melt butter in heavy large skillet over medium-high heat.

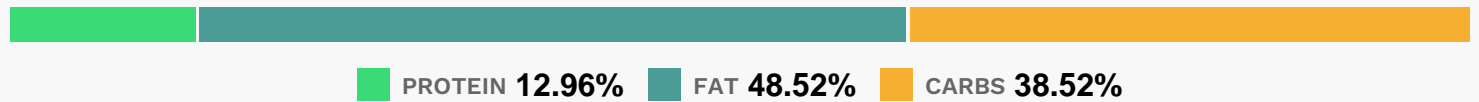
Add shallots; sauté 1 minute.

Add mushrooms; sauté until brown, about 7 minutes.

Add vermouth and cream. Boil until sauce thickens and coats spoon, about 5 minutes. Stir in sage. Season with salt and pepper.

Add pasta; toss until heated through and serve.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:18.62, Inflammation Score:-6, Nutrition Score:12.676521638165%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 510.12kcal (25.51%), Fat: 26.01g (40.02%), Saturated Fat: 14.13g (88.32%), Carbohydrates: 46.48g (15.49%), Net Carbohydrates: 41.09g (14.94%), Sugar: 6.64g (7.37%), Cholesterol: 86.27mg (28.76%), Sodium: 448mg (19.48%), Alcohol: 5.15g (100%), Alcohol %: 2.57% (100%), Protein: 15.63g (31.26%), Copper: 4.65mg (232.5%), Fiber: 5.39g (21.55%), Manganese: 0.4mg (19.8%), Iron: 2.97mg (16.51%), Calcium: 165.01mg (16.5%), Vitamin B6: 0.27mg (13.49%), Vitamin A: 674.48IU (13.49%), Vitamin B3: 2.31mg (11.57%), Vitamin B2: 0.2mg (11.5%), Phosphorus: 104.41mg (10.44%), Vitamin B5: 1.02mg (10.16%), Potassium: 310.64mg (8.88%), Selenium: 4.51µg (6.44%), Magnesium: 25.3mg (6.33%), Zinc: 0.83mg (5.54%), Vitamin D: 0.7µg (4.69%), Folate: 16.05µg (4.01%), Vitamin E: 0.5mg (3.34%), Vitamin B1: 0.03mg (2.25%), Vitamin C: 1.76mg (2.13%), Vitamin K: 1.97µg (1.88%), Vitamin B12: 0.06µg (1.06%)