



10-minute tortellini

READY IN



10 min.

SERVINGS



2

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g spinach tortellini fresh
- ☐ 1 tbsp olive oil
- ☐ 250 g cherry tomatoes
- ☐ 40 g parsley roughly chopped
- ☐ 3 tbsp parmesan finely grated

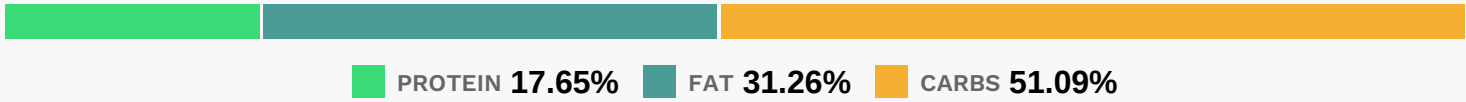
Equipment

- ☐ frying pan

Directions

- ☐ Boil the pasta for 2 mins until just cooked. Meanwhile, heat the oil in the frying pan and sizzle the tomatoes until they start to blister.
- ☐ When pasta is cooked, drain it quickly, reserving some cooking water.
- ☐ Put the tomatoes back on a high heat. Tip in the pasta, parsley, a splash of cooking water and most of the parmesan. Bubble everything together, season with black pepper and salt if you want.
- ☐ Serve with remaining parmesan.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:17.34347815099%

Flavonoids

Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 2.98mg, Myricetin: 2.98mg, Myricetin: 2.98mg, Myricetin: 2.98mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 498.48kcal (24.92%), Fat: 17.48g (26.9%), Saturated Fat: 5.74g (35.89%), Carbohydrates: 64.27g (21.42%), Net Carbohydrates: 59.24g (21.54%), Sugar: 6.84g (7.6%), Cholesterol: 63.85mg (21.28%), Sodium: 781.49mg (33.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.21g (44.43%), Vitamin K: 335.84µg (319.85%), Vitamin C: 55.1mg (66.79%), Vitamin A: 2708.38IU (54.17%), Calcium: 366.1mg (36.61%), Iron: 4.3mg (23.91%), Fiber: 5.03g (20.14%), Vitamin E: 1.87mg (12.5%), Folate: 47.17µg (11.79%), Potassium: 390.27mg (11.15%), Phosphorus: 98.65mg (9.86%), Manganese: 0.16mg (8.24%), Copper: 0.13mg (6.3%), Vitamin B6: 0.12mg (6.18%), Magnesium: 24.55mg (6.14%), Vitamin B3: 0.95mg (4.74%), Vitamin B1: 0.07mg (4.34%), Vitamin B2: 0.07mg (4.24%), Zinc: 0.6mg (3.97%), Selenium: 2.33µg (3.33%), Vitamin B5: 0.28mg (2.75%), Vitamin B12: 0.09µg (1.5%)