



## Baked Tortellini In Red Sauce

READY IN



45 min.

SERVINGS



3

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 large clove garlic finely minced
- 0.5 cup grana padano cheese grated
- 0.5 cup mozzarella cheese grated
- 1 tablespoon olive oil
- 1 small onion finely chopped
- 1 teaspoon oregano dried crumbled
- 3 servings salt and pepper
- 1 teaspoon sugar
- 400 grams tomatoes chopped

250 grams tortellini fresh with cheese or spinach)

## Equipment

frying pan

oven

pot

baking pan

## Directions

Saut onion and garlic in olive oil for 5 minutes. Season with salt, pepper and oregano.

Add chopped tomatoes and their juice. Season with salt, pepper and oregano.

Mix and bring to a boil.

Sprinkle with sugar and reduce heat. Cook over low heat for 20 minutes. Adjust seasoning. Meanwhile, plunge the pasta in salted boiling water just long enough that they float to the surface.

Drain the pasta and return to pot. Toss pasta with tomato sauce.

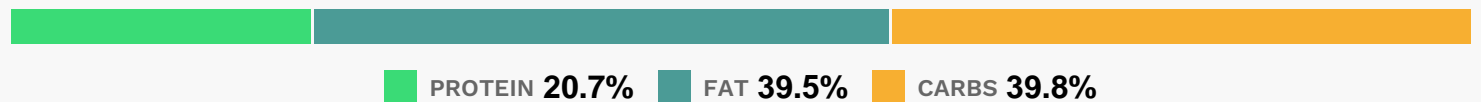
Transfer to the lightly oiled baking dish and sprinkle with grated cheese.

Bake at 240C for 20–25 minutes, until the surface of the dish is well baked.

Remove pan from oven and let stand 5 minutes before serving.

Serve with a green salad.

## Nutrition Facts



## Properties

Glycemic Index:91.36, Glycemic Load:19.63, Inflammation Score:-9, Nutrition Score:12.544782608696%

## Flavonoids

Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.27mg,

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

## Taste

Sweetness: 91.7%, Saltiness: 42.63%, Sourness: 100%, Bitterness: 44.09%, Savoriness: 69.65%, Fattiness: 49.04%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 463.48kcal (23.17%), Fat: 20.55g (31.62%), Saturated Fat: 8.23g (51.41%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 41.13g (14.96%), Sugar: 8.52g (9.47%), Cholesterol: 57.75mg (19.25%), Sodium: 947.54mg (41.2%), Protein: 24.23g (48.47%), Calcium: 440.85mg (44.09%), Vitamin A: 1378.92IU (27.58%), Vitamin C: 20.32mg (24.63%), Phosphorus: 223.03mg (22.3%), Fiber: 5.47g (21.87%), Vitamin K: 18.31µg (17.44%), Iron: 3.04mg (16.91%), Manganese: 0.24mg (12.08%), Potassium: 392.11mg (11.2%), Vitamin E: 1.59mg (10.61%), Vitamin B12: 0.63µg (10.43%), Selenium: 7.22µg (10.32%), Vitamin B6: 0.18mg (8.81%), Zinc: 1.3mg (8.67%), Vitamin B2: 0.14mg (8.51%), Magnesium: 30.12mg (7.53%), Folate: 28.52µg (7.13%), Copper: 0.1mg (5.13%), Vitamin B1: 0.08mg (5.02%), Vitamin B3: 0.92mg (4.61%), Vitamin B5: 0.26mg (2.61%), Vitamin D: 0.16µg (1.05%)