



Baked Tortellini with Bacon

READY IN



35 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bacon sliced
- 1 small onion diced white
- 1 garlic clove minced
- 1 serving coarse mustard
- 1 tablespoon flour all-purpose
- 2 cups milk whole
- 17.6 ounces cheese tortellini
- 1 ounce parmesan grated

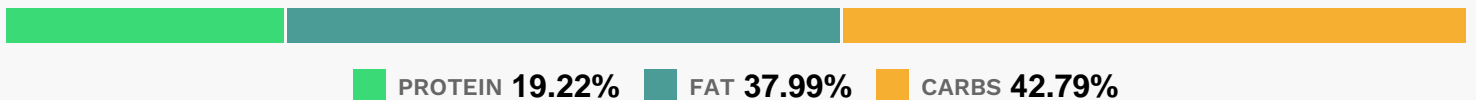
Equipment

- frying pan
- paper towels
- sauce pan
- whisk
- baking pan
- broiler
- slotted spoon

Directions

- Heat broiler, with rack in top position. In a medium saucepan, cook bacon over medium until browned and crisp, about 10 minutes. With a slotted spoon, transfer to a paper towel to drain.
- Add onion and garlic to pan and season with salt and pepper. Cook, stirring occasionally, until onion is soft, about 8 minutes.
- Add flour and cook, stirring, 30 seconds.
- Slowly add milk, whisking constantly.
- Add tortellini and bring to a boil over medium-high, stirring occasionally. Reduce to a simmer; cook, stirring often, until liquid has thickened, about 4 minutes.
- Remove from heat; stir in bacon and 1/4 cup Parmesan.
- Transfer to a 2-quart broilerproof baking dish and top with another 1/4 cup Parmesan. Broil until top is golden brown, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:18.93, Inflammation Score:-2, Nutrition Score:6.4021739674651%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 397.58kcal (19.88%), Fat: 16.77g (25.8%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 39.04g (14.2%), Sugar: 6.79g (7.55%), Cholesterol: 54.25mg (18.08%), Sodium: 574.34mg (24.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Calcium: 278.69mg (27.87%), Phosphorus: 142.46mg (14.25%), Fiber: 3.44g (13.75%), Iron: 2.32mg (12.91%), Vitamin B12: 0.57µg (9.49%), Selenium: 6.39µg (9.13%), Vitamin B2: 0.15mg (8.84%), Vitamin B1: 0.11mg (7.04%), Vitamin D: 0.98µg (6.51%), Vitamin B6: 0.11mg (5.71%), Potassium: 177.01mg (5.06%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.43mg (4.31%), Vitamin B3: 0.78mg (3.92%), Magnesium: 15.57mg (3.89%), Vitamin A: 174.96IU (3.5%), Manganese: 0.04mg (2.06%), Vitamin C: 1.02mg (1.24%), Folate: 4.91µg (1.23%)