



Baked Tortellini with Zucchini and Carrots

READY IN



52 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup carrots chopped
- 1 teaspoon olive oil
- 4 ounces pre-shredded part-skim mozzarella cheese
- 9 ounce cheese tortellini refrigerated
- 2 cups tomato and basil pasta sauce
- 1 pound zucchini cut into 1/2-inch cubes (2)

Equipment

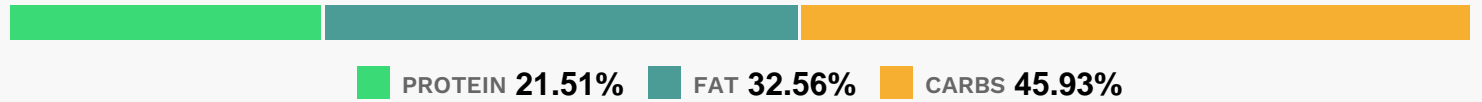
- frying pan

- oven
- baking pan

Directions

- Preheat oven to 37
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add zucchini and carrot: cook, stirring occasionally, 13 minutes or until lightly browned.
- Remove from heat.
- Cook tortellini according to package directions, omitting salt and fat.
- Drain, reserving 1/2 cup cooking liquid.
- Add pasta sauce and reserved 1/2 cup cooking liquid to zucchini mixture; stir well.
- Spread 1/2 cup pasta sauce mixture in bottom of an 11 x 7-inch baking dish coated with cooking spray. Spoon tortellini over top, and cover with remaining pasta sauce mixture. Cover and bake at 375 for 15 minutes. Uncover and sprinkle with cheese.
- Bake, uncovered, an additional 15 minutes or until bubbly and browned.

Nutrition Facts



Properties

Glycemic Index:27.96, Glycemic Load:13.75, Inflammation Score:-10, Nutrition Score:14.49347811419%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 353.34kcal (17.67%), Fat: 12.86g (19.78%), Saturated Fat: 5.13g (32.09%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 34.56g (12.57%), Sugar: 10.58g (11.75%), Cholesterol: 42.38mg (14.13%), Sodium: 712.97mg (31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.21%), Vitamin A: 4747.6IU (94.95%), Calcium: 358.02mg (35.8%), Vitamin C: 24.71mg (29.96%), Fiber: 6.23g (24.92%), Phosphorus: 182.75mg (18.27%), Potassium: 596.59mg (17.05%), Iron: 2.55mg (14.16%), Vitamin B2: 0.21mg (12.14%), Manganese: 0.24mg (11.89%), Vitamin B6: 0.24mg (11.89%), Vitamin K: 9.1µg (8.67%), Folate: 34.33µg (8.58%), Zinc: 1.2mg (8.02%), Magnesium:

29.81mg (7.45%), Selenium: 4.33µg (6.19%), Vitamin B1: 0.07mg (4.8%), Copper: 0.08mg (3.9%), Vitamin B3: 0.78mg (3.89%), Vitamin B12: 0.23µg (3.87%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.32mg (3.19%)