



Broccoli and Tortellini Alfredo

READY IN



20 min.

SERVINGS



5

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.8 cups broccoli florets frozen
- 19 oz cheese tortellini frozen
- 10 oz alfredo sauce refrigerated (1 lb)
- 1 oz parmesan shredded

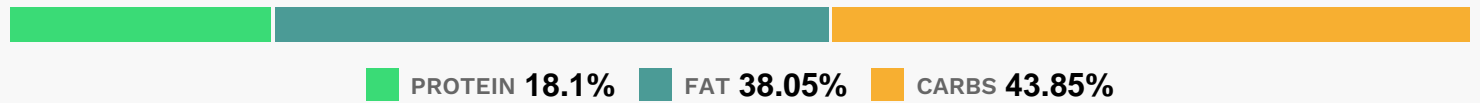
Equipment

- bowl
- sauce pan

Directions

- Cook broccoli and tortellini as directed on bags.
- Drain; place in large serving bowl.
- Meanwhile, in 1-quart saucepan, heat pasta sauce over low heat, stirring occasionally.
- Pour sauce over broccoli and tortellini; toss to coat.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:22.03, Inflammation Score:-4, Nutrition Score:9.9865216509156%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 476.34kcal (23.82%), Fat: 20.11g (30.93%), Saturated Fat: 8.65g (54.08%), Carbohydrates: 52.13g (17.38%), Net Carbohydrates: 46.74g (16.99%), Sugar: 4.82g (5.36%), Cholesterol: 81.99mg (27.33%), Sodium: 955.96mg (41.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Vitamin C: 44.64mg (54.11%), Vitamin K: 51.15µg (48.71%), Calcium: 243.09mg (24.31%), Fiber: 5.39g (21.58%), Iron: 3.16mg (17.55%), Folate: 31.93µg (7.98%), Phosphorus: 72.38mg (7.24%), Vitamin A: 356.09IU (7.12%), Manganese: 0.11mg (5.31%), Potassium: 163.37mg (4.67%), Vitamin B6: 0.09mg (4.64%), Vitamin B2: 0.08mg (4.55%), Selenium: 2.53µg (3.61%), Magnesium: 13.01mg (3.25%), Vitamin B5: 0.31mg (3.12%), Vitamin E: 0.4mg (2.69%), Vitamin B1: 0.04mg (2.52%), Zinc: 0.36mg (2.41%), Vitamin B3: 0.34mg (1.68%), Copper: 0.03mg (1.32%), Vitamin B12: 0.07µg (1.13%)