



Browned Butter Three-Cheese Tortellini and Broccoli

READY IN



25 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz tortellini refrigerated
- ☐ 12 oz broccoli florets frozen
- ☐ 0.5 cup butter unsalted (do not use margarine or vegetable oil spreads)
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 teaspoon salt

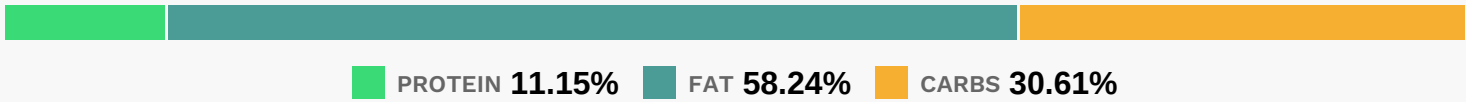
Equipment

- ☐ frying pan
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, cook and drain tortellini as directed on package; cover to keep warm.
- ☐ Meanwhile, microwave broccoli as directed on package.
- ☐ In same Dutch oven, melt butter over medium-high heat, stirring frequently. Cook 2 to 5 minutes longer, stirring often, until butter stops foaming and browned bits form at bottom of pan.
- ☐ Remove from heat.
- ☐ Stir sage, garlic, lemon peel and salt into browned butter. Gently fold in cooked tortellini and broccoli.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:13.8, Inflammation Score:-8, Nutrition Score:19.913912796456%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 436.46kcal (21.82%), Fat: 28.91g (44.47%), Saturated Fat: 16.54g (103.4%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 29.27g (10.64%), Sugar: 3.28g (3.64%), Cholesterol: 85.25mg (28.42%), Sodium: 599.01mg (26.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.91%), Copper: 9.14mg (457.15%), Vitamin C: 76.74mg (93.02%), Vitamin K: 88.75µg (84.52%), Vitamin A: 1239.26IU (24.79%), Manganese: 0.49mg (24.58%), Fiber: 4.92g (19.68%), Calcium: 158.91mg (15.89%), Iron: 2.61mg (14.49%), Folate: 54.52µg (13.63%), Vitamin E: 1.32mg (8.82%), Potassium: 292.22mg (8.35%), Vitamin B6: 0.16mg (7.99%), Vitamin B2: 0.11mg (6.71%),

Phosphorus: 65.26mg (6.53%), Magnesium: 23.8mg (5.95%), Vitamin B5: 0.52mg (5.25%), Vitamin B1: 0.07mg (4.83%), Selenium: 2.52µg (3.6%), Zinc: 0.44mg (2.94%), Vitamin D: 0.43µg (2.84%), Vitamin B3: 0.56mg (2.81%)