



WHATSheATE



Cheese Tortellini with Fresh Tomato Sauce

READY IN



30 min.

SERVINGS



15

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 20 oz three-cheese tortellini refrigerated frozen
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 0.5 cup kalamata olives pitted sliced
- ☐ 0.3 cup olive oil
- ☐ 0.5 onion diced
- ☐ 15 servings salt
- ☐ 4 large tomatoes chopped

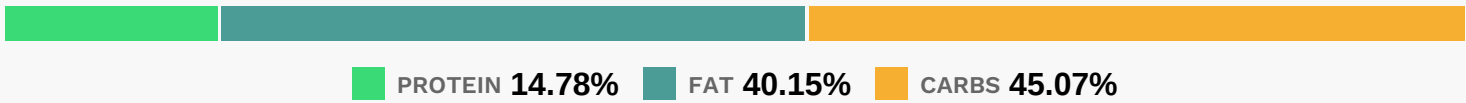
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of salted water to a boil. Cook pasta until tender, about 8 minutes (12 to 15 minutes for frozen) or as package label directs.
- ☐ Drain.
- ☐ Warm 2 Tbsp. oil in a large skillet over medium heat. Saut onion, garlic and crushed red pepper until onion is tender, about 6 minutes.
- ☐ Remove from heat and stir in tomatoes, olives and 1/2 tsp. salt.
- ☐ In a bowl, mix tortellini, sauce, thyme and remaining oil. Toss gently and serve.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:8.16, Inflammation Score:-8, Nutrition Score:3.5069565222315%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 168.13kcal (8.41%), Fat: 7.63g (11.74%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 16.87g (6.14%), Sugar: 2.53g (2.81%), Cholesterol: 14.36mg (4.79%), Sodium: 431.96mg (18.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin C: 8.6mg (10.43%), Vitamin A: 486.2IU (9.72%), Fiber: 2.4g (9.58%), Iron: 1.33mg (7.39%), Calcium: 66.76mg (6.68%), Vitamin E: 0.98mg (6.52%), Vitamin K: 6.16µg (5.87%), Manganese: 0.09mg (4.39%), Potassium: 131.73mg (3.76%), Vitamin B6: 0.06mg (2.84%), Copper:

0.04mg (2.16%), Folate: 8.57µg (2.14%), Magnesium: 7.95mg (1.99%), Vitamin B3: 0.33mg (1.66%), Phosphorus: 15mg (1.5%), Vitamin B1: 0.02mg (1.49%)