

 11%
HEALTH SCORE

Cheese Tortellini With Shrimp In Tomato Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



897 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounces canned tomatoes diced italian canned
- 1 bag cheese tortellini frozen
- 1 chicken stock cube crushed
- 2 teaspoons parsley fresh chopped
- 4 teaspoons thyme fresh
- 2 large garlic clove minced
- 1.5 cups half and half good (both are equally)
- 4 Tbs olive oil

- 4 servings parmesan cheese freshly-grated for garnish
- 4 servings salt and pepper to taste
- 0.5 pound shrimp fresh thawed peeled (, and tails removed)

Equipment

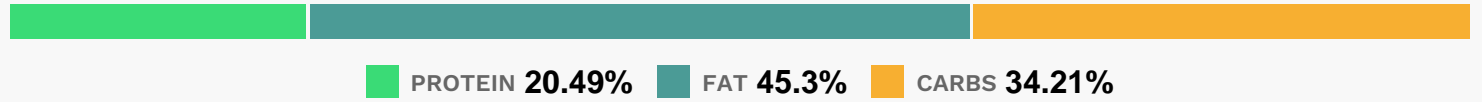
- frying pan
- sauce pan
- knife
- colander
- cutting board

Directions

- Thaw frozen shrimp according to package directions if using frozen, and then peel, devein and rinse shrimp in a colander. While shrimp are draining, fill a medium size saucepan with cold water and cook tortellini according to package directions. Do NOT overcook your tortellini, no more than 2-3 mins once tortellini are added to boiling water.
- Drain pasta and set aside. Using the same saucepan combine diced tomatoes, crushed bullion, parsley and thyme and bring to a low simmer. While tomatoes are simmering bring a large skillet to medium heat and add olive oil.
- Heat olive oil and add minced garlic, cooking just until slightly opaque (approx. 1 min).
- Add garlic and olive oil to tomatoes, stir. Taking a fork crush tomatoes, breaking up the pieces until you have a chunky sauce.
- Add cream to skillet that you used for garlic and bring to a low simmer.
- Add tomato sauce, Parmesan cheese and salt and pepper to taste to cream and bring to slow simmer
- Add cream to skillet that you used for garlic and bring to a slow simmer.
- Add tomato sauce, Parmesan cheese and salt and pepper to taste to cream and bring back up to a slow simmer. Reduce heat on cream sauce to low to keep warm and continue to stir occasionally. At this point you can butterfly your shrimp, which helps to make the amount of shrimp seem more substantial, but this is not a necessary step. To butterfly your shrimp, place on cutting board and with a very sharp knife, open up shrimp along the back but not cutting all the way through.

- Add shrimp to cream sauce and cover, allowing shrimp to cook for approximately 4–5 minutes.
- Add tortellini to pan coating with cream sauce and seasoning if necessary with additional salt and pepper.
- Remove from heat. Plate and top with a sprinkle of shredded parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:30.19, Inflammation Score:-8, Nutrition Score:19.339130434783%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 58.22%, Saltiness: 69.7%, Sourness: 62.05%, Bitterness: 34.65%, Savoriness: 63.74%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 896.64kcal (44.83%), Fat: 45.65g (70.23%), Saturated Fat: 17.08g (106.77%), Carbohydrates: 77.59g (25.86%), Net Carbohydrates: 69.92g (25.43%), Sugar: 12.3g (13.67%), Cholesterol: 203.05mg (67.68%), Sodium: 1826.57mg (79.42%), Protein: 46.47g (92.93%), Calcium: 656.36mg (65.64%), Phosphorus: 435.49mg (43.55%), Iron: 6.73mg (37.38%), Vitamin K: 33.37µg (31.78%), Fiber: 7.67g (30.66%), Vitamin E: 3.72mg (24.78%), Copper: 0.44mg (21.84%), Selenium: 14.54µg (20.77%), Vitamin B2: 0.34mg (20.07%), Zinc: 2.76mg (18.41%), Potassium: 633.1mg (18.09%), Vitamin A: 836.45IU (16.73%), Manganese: 0.33mg (16.63%), Magnesium: 62.43mg (15.61%), Vitamin C: 10.99mg (13.32%), Vitamin B6: 0.24mg (12.18%), Vitamin B12: 0.58µg (9.67%), Vitamin B1: 0.12mg (7.93%), Vitamin B3: 1.42mg (7.1%), Vitamin B5: 0.65mg (6.51%), Folate: 20.6µg (5.15%)