



Cheesy Baked Tortellini

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound purchased cheese tortellini
- 2 teaspoons thyme leaves fresh chopped
- 2 cups tomatoes
- 0.3 cup mascarpone cheese
- 2 ounces mozzarella cheese smoked thinly sliced
- 6 servings olive oil
- 0.3 cup parmesan freshly grated
- 0.3 cup parsley leaves fresh italian chopped

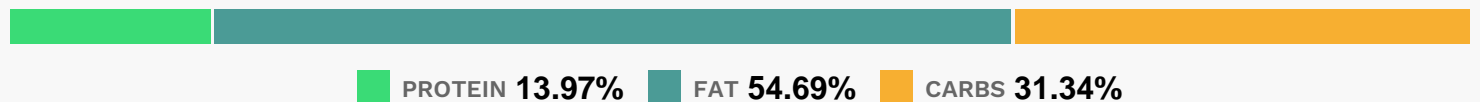
Equipment

- bowl
- oven
- whisk
- pot
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Lightly oil an 8 by 8 by 2-inch baking dish.
- Whisk the sauce, mascarpone cheese, parsley and thyme in a large bowl to blend. Cook the tortellini in a large pot of boiling salted water until just tender, about 2 minutes.
- Drain.
- Add the tortellini to the sauce and toss to coat.
- Transfer the tortellini mixture to the prepared baking dish. Top the mixture with the smoked mozzarella and Parmesan. Cover and bake until the sauce bubbles and the cheeses on top melt, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:16.52, Inflammation Score:-8, Nutrition Score:9.8495652520138%

Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 480.98kcal (24.05%), Fat: 29.52g (45.41%), Saturated Fat: 9.52g (59.47%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 33.79g (12.29%), Sugar: 5.18g (5.75%), Cholesterol: 51.53mg (17.18%), Sodium: 849.81mg (36.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.93%), Vitamin K: 52µg (49.53%), Calcium: 239.25mg (23.93%), Vitamin E: 3.24mg (21.59%), Iron: 3.14mg (17.43%), Vitamin A: 867.31IU (17.35%), Fiber: 4.27g (17.09%), Vitamin C: 10.11mg (12.25%), Phosphorus: 86.58mg (8.66%), Potassium: 271.62mg (7.76%), Vitamin B2: 0.1mg (5.84%), Manganese: 0.11mg (5.33%), Copper: 0.1mg (5.19%), Vitamin B6: 0.09mg (4.59%), Magnesium: 18.29mg (4.57%), Vitamin B12: 0.27µg (4.42%), Vitamin B3: 0.88mg (4.38%), Selenium: 3.04µg (4.34%), Zinc: 0.61mg (4.06%), Folate: 12.4µg (3.1%), Vitamin B5: 0.3mg (2.97%), Vitamin B1: 0.03mg (1.77%)