



Cheesy Baked Tortellini

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup cream cheese softened
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cups tomatoes
- ☐ 5 slices mozzarella cheese smoked
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 10 oz cheese tortellini refrigerated

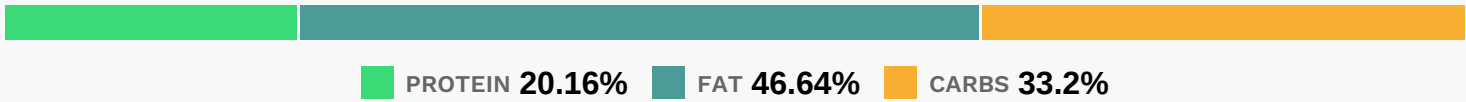
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare tortellini according to package directions; drain and set aside.
- ☐ Meanwhile, in a bowl, combine marinara sauce, mascarpone or cream cheese, parsley and thyme. Fold in tortellini.
- ☐ Transfer to a greased 9"x9" baking pan. Top with mozzarella and Parmesan cheeses.
- ☐ Bake, covered, at 350 degrees for about 30 minutes, or until cheese is melted and sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:16.48, Inflammation Score:-9, Nutrition Score:14.601739235546%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 467.3kcal (23.37%), Fat: 24.41g (37.55%), Saturated Fat: 12.98g (81.11%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 34.3g (12.47%), Sugar: 6.79g (7.55%), Cholesterol: 77.91mg (25.97%), Sodium: 1222.93mg (53.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.48%), Vitamin K: 65.85µg (62.72%), Calcium: 405.77mg (40.58%), Vitamin A: 1444.56IU (28.89%), Phosphorus: 205.06mg (20.51%), Iron: 3.6mg (19.99%), Fiber: 4.79g (19.18%), Vitamin C: 15.16mg (18.38%), Vitamin B12: 0.88µg (14.71%), Vitamin E: 1.87mg (12.49%), Vitamin B2: 0.21mg (12.29%), Potassium: 423.36mg (12.1%), Selenium: 8.17µg (11.67%), Zinc: 1.53mg (10.23%), Manganese: 0.17mg (8.31%), Magnesium: 31.68mg (7.92%), Copper: 0.16mg (7.9%), Vitamin B6: 0.15mg (7.28%), Vitamin B3: 1.34mg (6.68%), Folate: 20.09µg (5.02%), Vitamin B5: 0.48mg (4.76%), Vitamin B1: 0.05mg (3.08%), Vitamin D: 0.17µg (1.15%)