

Cheesy Italian Tortellini

READY IN



510 min.

SERVINGS



6

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4.5 ounce mushrooms sliced canned
- 14.5 ounce canned tomatoes diced italian-style undrained canned
- 0.5 pound ground beef
- 0.5 pound ground sausage italian
- 16 ounce tomatoes
- 9 ounce cheese tortellini fresh refrigerated
- 0.5 cup cheddar cheese shredded
- 1 cup mozzarella cheese shredded

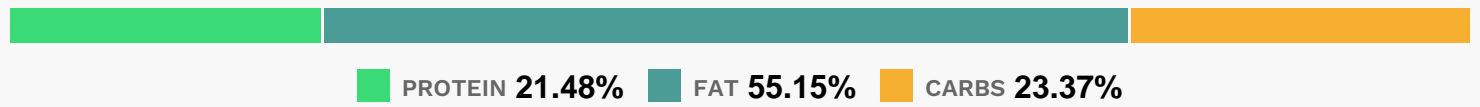
Equipment

- frying pan
- slow cooker

Directions

- Crumble the ground beef and Italian sausage into a large skillet. Cook over medium-high heat until browned.
- Drain.
- Combine the ground meats, marinara sauce, mushrooms, and tomatoes in a slow cooker. Cover, and cook on LOW heat for 7 to 8 hours.
- Stir in the tortellini, and sprinkle the mozzarella and cheddar cheese over the top. Cover and cook for 15 more minutes on LOW, or until the tortellini is tender.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:11.36, Inflammation Score:-6, Nutrition Score:17.171304500621%

Nutrients (% of daily need)

Calories: 498.85kcal (24.94%), Fat: 30.87g (47.49%), Saturated Fat: 12.68g (79.25%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 24.87g (9.04%), Sugar: 7.62g (8.46%), Cholesterol: 95.89mg (31.96%), Sodium: 1203.96mg (52.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.12%), Selenium: 22.62µg (32.31%), Vitamin B12: 1.68µg (27.97%), Phosphorus: 278.97mg (27.9%), Calcium: 270.84mg (27.08%), Zinc: 3.65mg (24.34%), Vitamin B3: 4.78mg (23.88%), Iron: 4.15mg (23.03%), Vitamin B6: 0.44mg (21.94%), Vitamin B1: 0.33mg (21.79%), Potassium: 671.82mg (19.19%), Fiber: 4.56g (18.25%), Vitamin B2: 0.3mg (17.83%), Copper: 0.32mg (16.04%), Vitamin C: 12.35mg (14.97%), Vitamin E: 2.21mg (14.72%), Vitamin A: 695.18IU (13.9%), Manganese: 0.26mg (12.84%), Magnesium: 46.22mg (11.56%), Vitamin B5: 1.04mg (10.44%), Folate: 27.22µg (6.8%), Vitamin K: 7.08µg (6.75%), Vitamin D: 0.21µg (1.41%)