



Creamy Primavera Tortellini

READY IN



25 min.

SERVINGS



4

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound asparagus spears fresh trimmed chopped
- ☐ 270 g philadelphia original cooking creme cream cheese product
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon oil
- ☐ 1 cup peas frozen
- ☐ 350 gram cheese tortellini refrigerated
- ☐ 1 bell pepper yellow chopped

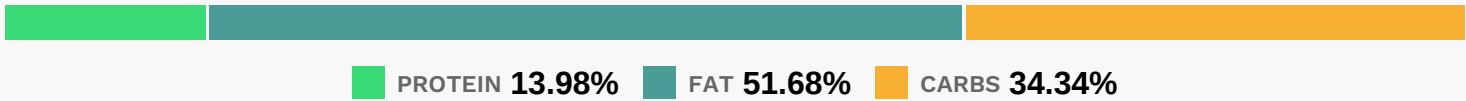
Equipment

☐ frying pan

Directions

- ☐ Cook pasta as directed on package, omitting salt and adding peas to the water for the last 2 min.
- ☐ Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- ☐ Add asparagus, peppers and garlic; cook and stir 3 to 4 min. or until vegetables are crisp-tender.
- ☐ Add Cooking Creme; cook and stir 2 to 3 min. or until heated through.
- ☐ Drain pasta mixture, reserving 1/3 cup cooking water. Gradually add reserved water to sauce mixture until desired consistency is reached.
- ☐ Add pasta; mix lightly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:20.19, Inflammation Score:-8, Nutrition Score:17.19826093964%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 590.28kcal (29.51%), Fat: 34.44g (52.99%), Saturated Fat: 16.4g (102.51%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 44.62g (16.22%), Sugar: 8.12g (9.03%), Cholesterol: 101.43mg (33.81%), Sodium: 595.5mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.94%), Vitamin C: 72.73mg (88.16%), Vitamin K: 36.52µg (34.78%), Vitamin A: 1672.12IU (33.44%), Fiber: 6.88g (27.52%), Iron: 4.21mg (23.41%), Calcium: 217.95mg (21.79%), Vitamin B2: 0.29mg (17.18%), Folate: 66.9µg (16.73%), Manganese: 0.31mg (15.28%), Phosphorus: 150.29mg (15.03%), Vitamin B1: 0.2mg (13.62%), Vitamin E: 1.88mg (12.55%), Selenium: 8.06µg (11.52%), Copper: 0.22mg (10.97%), Vitamin B6: 0.22mg (10.96%), Potassium: 361.17mg (10.32%), Vitamin B3: 1.65mg (8.24%), Zinc: 1.16mg (7.74%), Magnesium: 29.92mg (7.48%), Vitamin B5: 0.64mg (6.37%), Vitamin B12: 0.15µg (2.47%)