



Creamy Spinach Tortellini

READY IN



35 min.

SERVINGS



4

CALORIES



572 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 servings cherry tomatoes halved
- ☐ 8 ounce cream cheese
- ☐ 4 servings mushrooms fresh sliced
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.5 cup milk
- ☐ 1 small onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 9 ounce cheese tortellini refrigerated

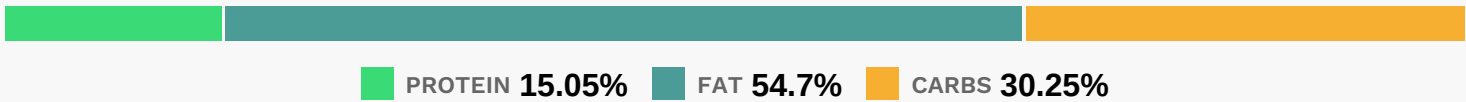
Equipment

☐ frying pan

Directions

- ☐ Cook tortellini according to package directions.
- ☐ Heat butter in a large skillet over medium heat. Stir in onion; cook until soft and translucent.
- ☐ Mix in cream cheese, parmesan, milk, mushrooms, and spinach.
- ☐ Gently mix in tortellini and cherry tomatoes with skillet contents; warm through, and serve.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:14.39, Inflammation Score:-10, Nutrition Score:26.668260988982%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 572.35kcal (28.62%), Fat: 35.67g (54.87%), Saturated Fat: 19.4g (121.26%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 38.55g (14.02%), Sugar: 10.31g (11.45%), Cholesterol: 111.09mg (37.03%), Sodium: 799.69mg (34.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.08g (44.16%), Vitamin K: 269.85µg (257%), Vitamin A: 10128.67IU (202.57%), Vitamin C: 38.96mg (47.22%), Calcium: 406.71mg (40.67%), Manganese: 0.7mg (34.77%), Folate: 131.56µg (32.89%), Phosphorus: 254.51mg (25.45%), Vitamin B2: 0.42mg (24.59%), Vitamin E: 3.62mg (24.11%), Fiber: 5.82g (23.29%), Iron: 4.13mg (22.97%), Selenium: 15.07µg (21.53%), Potassium: 741.87mg (21.2%), Magnesium: 81.59mg (20.4%), Vitamin B6: 0.32mg (16.08%), Copper: 0.24mg (11.93%), Vitamin B1: 0.16mg (10.84%), Zinc: 1.6mg (10.63%), Vitamin B12: 0.47µg (7.84%), Vitamin B5: 0.78mg (7.79%), Vitamin B3: 1.3mg (6.5%), Vitamin D: 0.4µg (2.67%)