



Creamy Tomato Tortellini

READY IN



20 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets frozen
- 14 oz canned tomatoes diced italian-style undrained canned
- 4 oz philadelphia cream cheese cubed ()
- 1 tsp penzey's southwest seasoning dried italian
- 0.3 cup parmesan cheese grated kraft
- 9 oz cheese tortellini refrigerated uncooked

Equipment

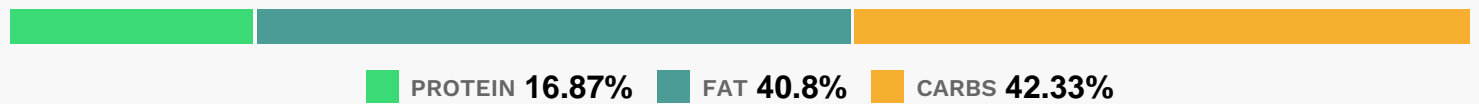
- frying pan

sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 3 min.
- Meanwhile, cook tomatoes in large skillet on medium heat 5 min.
- Add cream cheese and seasoning; cook 2 to 3 min. or until cream cheese is completely melted and mixture is well blended, stirring frequently.
- Drain pasta mixture.
- Add to tomato mixture in skillet; mix lightly.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:15.68, Inflammation Score:-7, Nutrition Score:15.13869572528%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 372.33kcal (18.62%), Fat: 17.39g (26.75%), Saturated Fat: 8.58g (53.62%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 34.9g (12.69%), Sugar: 8.01g (8.9%), Cholesterol: 58.31mg (19.44%), Sodium: 621.33mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.35%), Vitamin C: 49.72mg (60.27%), Vitamin K: 55.17µg (52.54%), Calcium: 235.31mg (23.53%), Fiber: 5.68g (22.73%), Iron: 3.47mg (19.3%), Vitamin A: 939.25IU (18.78%), Manganese: 0.31mg (15.4%), Potassium: 489.1mg (13.97%), Phosphorus: 132.41mg (13.24%), Vitamin E: 1.95mg (13.02%), Vitamin B6: 0.25mg (12.7%), Vitamin B2: 0.19mg (11.41%), Folate: 45.56µg (11.39%), Copper: 0.21mg (10.72%), Selenium: 6.38µg (9.11%), Magnesium: 35.35mg (8.84%), Vitamin B3: 1.55mg (7.77%), Vitamin B1: 0.12mg (7.72%), Vitamin B5: 0.72mg (7.23%), Zinc: 0.88mg (5.86%), Vitamin B12: 0.15µg (2.45%)