

## Creamy Tortellini

READY IN



25 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons canola oil
- 0.3 cup parsley fresh minced
- 2 teaspoons garlic minced
- 2 cups half and half
- 0.3 cup part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 3 cups cheese tortellini refrigerated
- 1 envelope savory vegetable

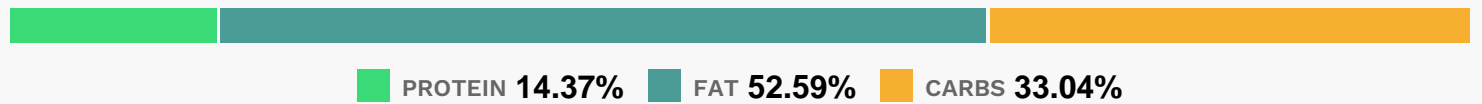
# Equipment

- frying pan

# Directions

- Cook tortellini according to package directions. Meanwhile, in a large skillet, saute garlic in oil until tender, about 1 minute.
- Combine soup mix and cream; stir into skillet.
- Drain tortellini; add to cream mixture. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until heated through, stirring occasionally.
- Add the parsley, cheese and pepper. Cook 3-4 minutes longer or until cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:23.63, Glycemic Load:7.97, Inflammation Score:-3, Nutrition Score:5.0369565205082%

# Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 244.74kcal (12.24%), Fat: 14.41g (22.18%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 18.76g (6.82%), Sugar: 3.67g (4.08%), Cholesterol: 38.52mg (12.84%), Sodium: 232.33mg (10.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Vitamin K: 34.2µg (32.57%), Calcium: 152.6mg (15.26%), Vitamin A: 395.71IU (7.91%), Vitamin B2: 0.13mg (7.7%), Phosphorus: 76.09mg (7.61%), Iron: 1.19mg (6.6%), Fiber: 1.61g (6.44%), Vitamin E: 0.78mg (5.23%), Vitamin C: 3.29mg (3.98%), Selenium: 2.55µg (3.65%), Potassium: 97.29mg (2.78%), Zinc: 0.36mg (2.42%), Vitamin B12: 0.14µg (2.39%), Vitamin B6: 0.04mg (2.2%), Magnesium: 8.12mg (2.03%), Vitamin B5: 0.19mg (1.91%), Vitamin B1: 0.02mg (1.47%), Folate: 5.05µg (1.26%), Manganese: 0.02mg (1.24%)