



Creamy Tortellini Carbonara

READY IN



20 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g philadelphia herb & garlic cream cheese spread
- ☐ 175 g ham cut into strips
- ☐ 0.5 cup milk
- ☐ 0.3 cup parmesan cheese 100% grated kraft
- ☐ 2 cups peas frozen
- ☐ 454 g cheese tortellini refrigerated

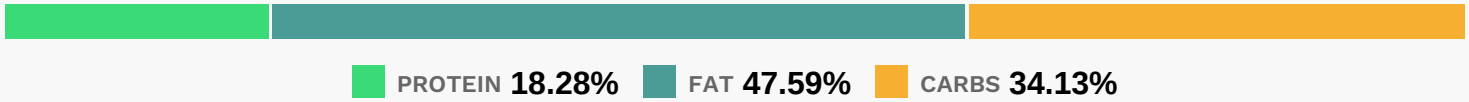
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta as directed on package, omitting salt.
- ☐ Meanwhile, cook cream cheese spread and milk in large skillet 3 to 5 min. or until cream cheese is melted and sauce is well blended, stirring constantly.
- ☐ Add ham and peas; cook and stir 3 to 5 min. or until heated through.
- ☐ Drain pasta.
- ☐ Add to sauce; mix lightly. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:16.54, Glycemic Load:12.91, Inflammation Score:-3, Nutrition Score:7.9534782119419%

Nutrients (% of daily need)

Calories: 390.01kcal (19.5%), Fat: 20.87g (32.11%), Saturated Fat: 9.81g (61.29%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 29.45g (10.71%), Sugar: 4.38g (4.87%), Cholesterol: 73.64mg (24.55%), Sodium: 738.08mg (32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.07%), Vitamin C: 14.5mg (17.58%), Fiber: 4.22g (16.89%), Vitamin B1: 0.24mg (15.82%), Calcium: 137.28mg (13.73%), Iron: 2.18mg (12.14%), Phosphorus: 121.18mg (12.12%), Selenium: 7µg (10%), Vitamin B3: 1.75mg (8.76%), Vitamin K: 9.09µg (8.66%), Vitamin B6: 0.16mg (7.81%), Manganese: 0.16mg (7.75%), Zinc: 1.15mg (7.7%), Vitamin B2: 0.13mg (7.53%), Vitamin A: 329.05IU (6.58%), Folate: 24.41µg (6.1%), Potassium: 179.64mg (5.13%), Magnesium: 19.04mg (4.76%), Vitamin B12: 0.26µg (4.41%), Copper: 0.08mg (4.17%), Vitamin D: 0.34µg (2.24%), Vitamin B5: 0.2mg (2.05%)