



Creamy Tortellini Casserole

READY IN



35 min.

SERVINGS



4

CALORIES



522 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup carrots shredded
- ☐ 0.5 cup onion chopped
- ☐ 8 oz mushrooms sliced (3 cups)
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 cups milk
- ☐ 4 oz gouda cheese shredded
- ☐ 0.8 cup peas sweet frozen thawed (from 12 oz bag)

- ☐ 9 oz cheese tortellini refrigerated
- ☐ 0.5 cup round buttery crackers crushed finely

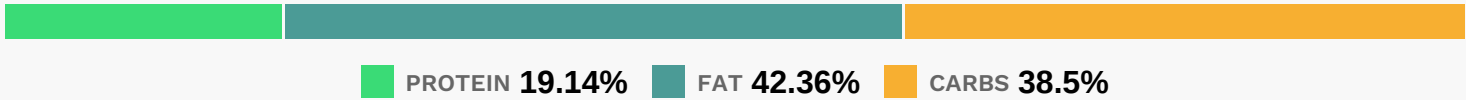
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°. Spray 1 1/2-quart casserole with cooking spray.
- ☐ Melt butter in 3-quart saucepan over medium heat. Cook carrots, onion and mushrooms in butter about 5 minutes, stirring occasionally, until mushrooms are tender.
- ☐ Stir in flour and salt. Gradually add milk, stirring constantly. Cook and stir until mixture is bubbly; remove from heat. Stir in cheese, peas and tortellini. Spoon into casserole.
- ☐ Sprinkle with crackers.
- ☐ Bake uncovered about 15 minutes or until edge begins to bubble.

Nutrition Facts



Properties

Glycemic Index:85.04, Glycemic Load:19.41, Inflammation Score:-9, Nutrition Score:20.057826021443%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 522.44kcal (26.12%), Fat: 24.87g (38.26%), Saturated Fat: 10.69g (66.81%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 45.26g (16.46%), Sugar: 13.17g (14.64%), Cholesterol: 71.2mg (23.73%), Sodium: 994.33mg (43.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.28g (50.56%), Vitamin A: 3488.98IU (69.78%), Calcium: 471.53mg (47.15%), Phosphorus: 393.67mg (39.37%), Vitamin B2: 0.58mg (34.27%), Fiber: 5.6g (22.41%), Selenium: 13.92µg (19.89%), Vitamin B12: 1.13µg (18.75%), Vitamin B1: 0.28mg (18.54%), Vitamin B3: 3.53mg

(17.65%), Vitamin C: 14.5mg (17.58%), Iron: 2.98mg (16.55%), Potassium: 560.28mg (16.01%), Zinc: 2.38mg (15.89%), Vitamin B5: 1.55mg (15.47%), Copper: 0.27mg (13.48%), Folate: 52.44µg (13.11%), Manganese: 0.26mg (13.08%), Vitamin K: 13.71µg (13.06%), Vitamin B6: 0.25mg (12.74%), Magnesium: 43.32mg (10.83%), Vitamin D: 1.6µg (10.65%), Vitamin E: 0.76mg (5.07%)