



Creamy Tortellini Primavera

READY IN



32 min.

SERVINGS



4

CALORIES



704 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz alfredo sauce refrigerated reduced-fat
- 1 pound asparagus fresh
- 20 oz cheese-filled tortellini refrigerated
- 2 tablespoons cooking wine dry white
- 1.5 cups mushrooms fresh sliced
- 3 garlic cloves minced
- 1 cup grape tomatoes halved
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese freshly grated

0.3 teaspoon pepper dried red crushed

0.5 teaspoon salt

Equipment

bowl

Directions

Stir together first 3 ingredients. Snap off and discard tough ends of asparagus; cut into 1-inch pieces.

Bring 5 qt. of salted water to a boil; add tortellini, and cook 6 minutes or just until tender. (Pasta should still be firm to bite.)

Drain; rinse with cold water, and drain well again.

Place in a serving bowl.

Saut garlic in hot oil over medium-high heat 1 minute or until garlic is lightly browned. Stir in mushrooms, asparagus, and salt; saut 3 to 5 minutes or until asparagus is crisp-tender. Reduce heat to medium, and stir in Alfredo sauce mixture. Cook 5 minutes or until thoroughly heated.

Pour sauce mixture over cooked tortellini; toss gently.

Sprinkle with tomatoes and Parmesan cheese.

Serve immediately.

Note: For testing purposes only, we used Buitoni Light Refrigerated Alfredo Sauce and Buitoni Three Cheese Tortellini.

Nutrition Facts



PROTEIN 16.83% **FAT 41.9%** **CARBS 41.27%**

Properties

Glycemic Index:49.25, Glycemic Load:29.59, Inflammation Score:-7, Nutrition Score:16.703478245632%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin:

0.03mg, Hesperetin: 0.03mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg,
Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg,
Isorhamnetin: 6.46mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin:
0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.11mg, Quercetin: 16.11mg,
Quercetin: 16.11mg, Quercetin: 16.11mg

Nutrients (% of daily need)

Calories: 703.76kcal (35.19%), Fat: 32.78g (50.44%), Saturated Fat: 11.79g (73.71%), Carbohydrates: 72.66g
(24.22%), Net Carbohydrates: 63.99g (23.27%), Sugar: 9.04g (10.04%), Cholesterol: 105.79mg (35.26%), Sodium:
1500.47mg (65.24%), Alcohol: 0.77g (100%), Alcohol %: 0.23% (100%), Protein: 29.62g (59.24%), Vitamin K:
54.64µg (52.04%), Iron: 6.47mg (35.95%), Fiber: 8.67g (34.66%), Calcium: 293.25mg (29.33%), Vitamin A: 1258.91IU
(25.18%), Vitamin B2: 0.34mg (19.88%), Copper: 0.36mg (18.09%), Folate: 71.23µg (17.81%), Vitamin E: 2.58mg
(17.17%), Vitamin C: 12.91mg (15.65%), Manganese: 0.29mg (14.66%), Phosphorus: 143.66mg (14.37%), Vitamin B1:
0.21mg (14.13%), Vitamin B3: 2.67mg (13.37%), Potassium: 460.24mg (13.15%), Selenium: 8.5µg (12.14%), Vitamin B6:
0.21mg (10.49%), Vitamin B5: 0.92mg (9.21%), Zinc: 1.17mg (7.83%), Magnesium: 26.91mg (6.73%), Vitamin B12: 0.1µg
(1.65%)