



Creamy Tortellini With Peas

READY IN



15 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon teaspoon basil dried fresh chopped
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 1 cup milk 1% low-fat
- ☐ 0.5 cup onion finely chopped
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1 cup peas green frozen thawed
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 9 ounce spinach tortellini fresh
- ☐ 2 teaspoons butter unsalted

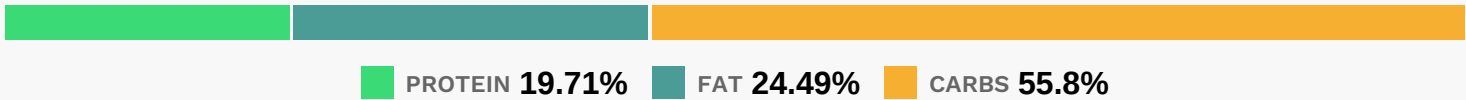
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook fresh spinach tortellini according to the package directions.
- ☐ Drain well.
- ☐ While the pasta cooks, melt unsalted butter in a large nonstick skillet over medium heat.
- ☐ Add onion and garlic. Cook, stirring often, 1 minute.
- ☐ Add the flour and stir constantly, 30 seconds. Gradually stir in milk, then add the peas and basil. Cook over medium-high heat, stirring constantly, until the mixture simmers and thickens slightly, 3 minutes.
- ☐ Remove the pan from heat, and stir in Parmesan cheese, salt, and pepper.
- ☐ In a large shallow bowl, toss the cooked spinach tortellini and the sauce.
- ☐ Serve warm.
- ☐ Quick tip: For an easy, earthy spin on this recipe, substitute 1 cup sliced mushrooms for the onion.

Nutrition Facts



Properties

Glycemic Index:69.58, Glycemic Load:2.45, Inflammation Score:-6, Nutrition Score:8.7965218087901%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 294.27kcal (14.71%), Fat: 8.03g (12.36%), Saturated Fat: 4.02g (25.16%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 36.92g (13.42%), Sugar: 7.63g (8.48%), Cholesterol: 41.57mg (13.86%), Sodium: 561.73mg (24.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.1%), Calcium: 245.15mg (24.52%), Vitamin C: 16.3mg (19.76%), Fiber: 4.27g (17.1%), Vitamin A: 695.91IU (13.92%), Phosphorus: 132.8mg (13.28%), Vitamin K: 11.66µg (11.11%), Manganese: 0.22mg (11.04%), Vitamin B1: 0.15mg (10%), Iron: 1.76mg (9.77%), Vitamin B2: 0.16mg (9.18%), Folate: 31.06µg (7.76%), Vitamin B12: 0.41µg (6.91%), Vitamin B6: 0.13mg (6.73%), Potassium: 226.2mg (6.46%), Zinc: 0.92mg (6.16%), Magnesium: 23.35mg (5.84%), Selenium: 3.78µg (5.4%), Vitamin D: 0.71µg (4.7%), Vitamin B3: 0.92mg (4.61%), Copper: 0.08mg (4.07%), Vitamin B5: 0.3mg (3.02%)