



Easy, Cheesy Tortellini Bake

READY IN



30 min.

SERVINGS



6

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce alfredo sauce
- ☐ 18 ounce cheese tortellini
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 24 ounce tomatoes
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 8 ounce mozzarella cheese shredded
- ☐ 10 ounce pkt spinach frozen dry thawed chopped

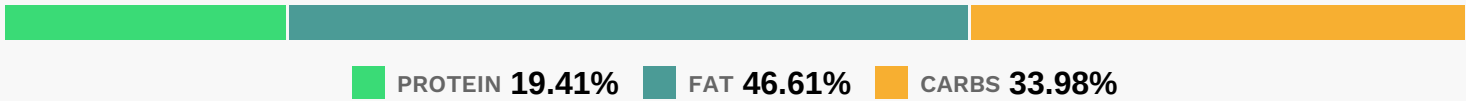
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook according to package directions; drain. Adjust oven rack to the highest position and turn oven on to Broil. Generously butter or grease an 8x8 inch baking dish.
- ☐ Bring marinara and Alfredo sauces along with spinach and 1 tablespoon of Italian seasoning to a simmer over medium-high heat. Reduce heat to medium-low, and simmer for 10 minutes. Stir cooked tortellini into sauce, then pour into prepared baking dish.
- ☐ Sprinkle with Mozzarella cheese, Parmesan cheese, and remaining 1 teaspoon Italian seasoning.
- ☐ Broil for a minute or two until cheese has melted and turned golden brown.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:19.01, Inflammation Score:-10, Nutrition Score:22.859130481015%

Nutrients (% of daily need)

Calories: 573.32kcal (28.67%), Fat: 29.87g (45.95%), Saturated Fat: 14.27g (89.18%), Carbohydrates: 48.99g (16.33%), Net Carbohydrates: 42.55g (15.47%), Sugar: 8.34g (9.27%), Cholesterol: 115.4mg (38.47%), Sodium: 1759.68mg (76.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.98g (55.96%), Vitamin K: 181.95µg (173.29%), Vitamin A: 6328.69IU (126.57%), Calcium: 430.21mg (43.02%), Fiber: 6.44g (25.78%), Iron: 4.46mg (24.77%), Manganese: 0.49mg (24.27%), Phosphorus: 214.49mg (21.45%), Vitamin E: 3.16mg (21.05%), Folate: 82.4µg (20.6%), Vitamin B2: 0.3mg (17.8%), Selenium: 11.41µg (16.31%), Magnesium: 62.36mg (15.59%), Potassium: 540.87mg (15.45%), Vitamin B12: 0.92µg (15.3%), Vitamin C: 10.54mg (12.78%), Zinc: 1.81mg (12.05%), Vitamin B6: 0.21mg (10.66%), Copper: 0.21mg (10.32%), Vitamin B3: 1.42mg (7.11%), Vitamin B1: 0.08mg (5.65%), Vitamin B5: 0.46mg (4.65%), Vitamin D: 0.17µg (1.15%)