

Easy, Cheesy Tortellini Bake



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		
	PROTEIN 19.41% FAT 46.61% CARBS 33.98%	
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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: Og (100%), Alcohol %: O% (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%)