



Easy Tortellini Bake

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

628 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

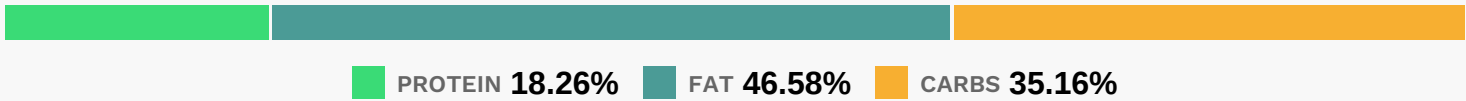
Equipment

- ☐ 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 tomato 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:13.67, Glycemic Load:17.07, Inflammation Score:-10, Nutrition Score:20.610000133514%

Nutrients (% of daily need)

Calories: 627.75kcal (31.39%), Fat: 32.25g (49.61%), Saturated Fat: 14.66g (91.62%), Carbohydrates: 54.76g (18.25%), Net Carbohydrates: 46.39g (16.87%), Sugar: 12.47g (13.85%), Cholesterol: 115.4mg (38.47%), Sodium: 1648.55mg (71.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.87%), Vitamin K: 178.78µg (170.27%), Vitamin A: 6518.07IU (130.36%), Calcium: 450.63mg (45.06%), Fiber: 8.37g (33.49%), Iron: 4.03mg (22.37%), Phosphorus: 183.87mg (18.39%), Manganese: 0.36mg (18.21%), Folate: 72.2µg (18.05%), Potassium: 566.95mg (16.2%), Selenium: 10.73µg (15.33%), Vitamin B12: 0.92µg (15.3%), Vitamin B2: 0.23mg (13.47%), Magnesium: 45.36mg (11.34%), Zinc: 1.56mg (10.38%), Vitamin E: 1.52mg (10.16%), Vitamin C: 8.05mg (9.76%), Vitamin B6: 0.1mg (5.11%), Vitamin B1: 0.06mg (3.83%), Copper: 0.08mg (3.8%), Vitamin B3: 0.3mg (1.49%), Vitamin D: 0.17µg (1.15%), Vitamin B5: 0.11mg (1.14%)