



Easy Tortellini Carbonara

READY IN



15 min.

SERVINGS



15

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup classico creamy alfredo pasta sauce
- 9 oz three-cheese tortellini refrigerated
- 0.5 cup peas frozen thawed
- 2 Tbsp parmesan and romano cheese 100% grated kraft
- 6 slices oscar mayer center cut bacon cut into 1-inch pieces

Equipment

- bowl
- frying pan

- paper towels
- slotted spoon

Directions

- Cook pasta as directed on package.
- Meanwhile, cook bacon in medium nonstick skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard drippings from skillet.
- Add sauce and peas to skillet; cook 1 min. on low heat or until heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add sauce mixture, bacon and cheese; toss to coat.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:3.56, Inflammation Score:-1, Nutrition Score:1.82391304296%

Nutrients (% of daily need)

Calories: 141.76kcal (7.09%), Fat: 9.39g (14.45%), Saturated Fat: 3.53g (22.03%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 7.77g (2.83%), Sugar: 0.95g (1.06%), Cholesterol: 24.8mg (8.27%), Sodium: 260.73mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Selenium: 3.08µg (4.4%), Fiber: 0.92g (3.69%), Vitamin B1: 0.05mg (3.52%), Vitamin B3: 0.68mg (3.4%), Calcium: 33.09mg (3.31%), Iron: 0.57mg (3.16%), Phosphorus: 31.02mg (3.1%), Vitamin B6: 0.05mg (2.35%), Vitamin C: 1.93mg (2.34%), Zinc: 0.25mg (1.65%), Vitamin B12: 0.08µg (1.32%), Vitamin B2: 0.02mg (1.21%), Potassium: 40.88mg (1.17%), Vitamin K: 1.21µg (1.16%), Manganese: 0.02mg (1.08%)