



Fast Tortellini Alfredo

READY IN



20 min.

SERVINGS



6

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18 oz three cheese tortellini refrigerated cooked drained
- 0.5 cup philadelphia cream cheese spread ()
- 6 oz oscar mayer ham smoked chopped (12 slices)
- 1 cup milk
- 0.3 cup parmesan cheese grated kraft
- 2 cups peas frozen

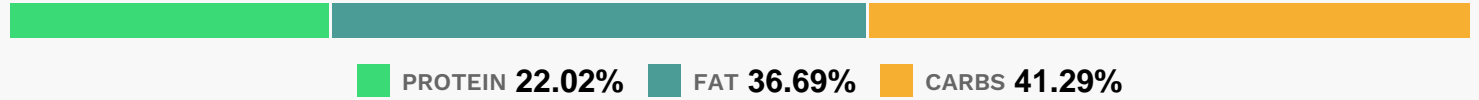
Equipment

- sauce pan

Directions

- Mix cream cheese spread, milk and Parmesan in large saucepan until well blended. Stir in tortellini and peas; cover.
- Cook on medium-low heat 5 min., stirring occasionally.
- Stir in ham; cook 3 to 5 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:22.06, Glycemic Load:19.43, Inflammation Score:-5, Nutrition Score:11.622173998667%

Nutrients (% of daily need)

Calories: 461.4kcal (23.07%), Fat: 18.74g (28.84%), Saturated Fat: 8.15g (50.93%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 41.47g (15.08%), Sugar: 7.67g (8.52%), Cholesterol: 70.13mg (23.38%), Sodium: 884.18mg (38.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.63%), Calcium: 243.96mg (24.4%), Fiber: 5.99g (23.95%), Vitamin C: 19.33mg (23.43%), Vitamin B1: 0.32mg (21.52%), Phosphorus: 180.36mg (18.04%), Iron: 3.14mg (17.47%), Selenium: 9.54µg (13.62%), Vitamin A: 651.38IU (13.03%), Vitamin K: 12.18µg (11.6%), Vitamin B3: 2.32mg (11.6%), Vitamin B2: 0.2mg (11.59%), Vitamin B6: 0.22mg (10.88%), Zinc: 1.6mg (10.69%), Manganese: 0.21mg (10.37%), Folate: 32.52µg (8.13%), Potassium: 267.68mg (7.65%), Vitamin B12: 0.46µg (7.62%), Magnesium: 27.67mg (6.92%), Copper: 0.11mg (5.53%), Vitamin D: 0.67µg (4.44%), Vitamin B5: 0.35mg (3.45%), Vitamin E: 0.21mg (1.38%)