



Fresh From the Vine Tortellini

 Popular

READY IN



40 min.

SERVINGS



2

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pint cherry tomatoes
- ☐ 6 leaves basil fresh to taste
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 2 teaspoons spicy pesto
- ☐ 9 ounce tortellini fresh refrigerated

☐ 2 servings salt and pepper black to taste

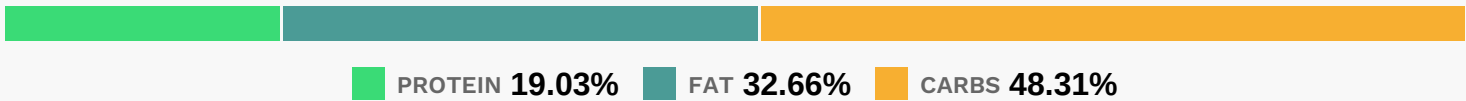
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Place the cherry tomatoes on a baking sheet, and drizzle with 2 tablespoons of olive oil.
- ☐ Sprinkle on the oregano, salt, and pepper, and roll the cherry tomatoes around a few times to coat with the seasoned oil.
- ☐ Bake in the preheated oven until the tomatoes begin to burst, about 15 minutes.
- ☐ Cook and drain the tortellini according to package directions, and set aside in a serving dish.
- ☐ In a skillet, heat 2 teaspoons of olive oil over medium-low heat, and cook and stir the garlic until golden brown, about 3 minutes.
- ☐ Remove the skillet from the heat, and stir in the pesto and roasted tomatoes. Smash the tomatoes with a fork to break open, stir to combine, and pour the sauce over the tortellini.
- ☐ Sprinkle with shredded Parmesan cheese and torn basil leaves.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:25.67, Inflammation Score:-9, Nutrition Score:15.455217502687%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 550.51kcal (27.53%), Fat: 20.25g (31.15%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 67.38g (22.46%), Net Carbohydrates: 60.28g (21.92%), Sugar: 9.8g (10.89%), Cholesterol: 57.38mg (19.13%), Sodium: 1021.38mg (44.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.1%), Vitamin C: 55.17mg (66.87%), Calcium: 386.81mg (38.68%), Iron: 5.48mg (30.47%), Vitamin A: 1451.75IU (29.03%), Fiber: 7.1g (28.38%), Vitamin K: 21.74µg (20.7%), Manganese: 0.37mg (18.43%), Phosphorus: 159.9mg (15.99%), Potassium: 556.4mg (15.9%), Vitamin E: 2.13mg (14.17%), Vitamin B6: 0.25mg (12.41%), Copper: 0.2mg (10.13%), Folate: 35.11µg (8.78%), Magnesium: 31.21mg (7.8%), Vitamin B3: 1.37mg (6.87%), Vitamin B1: 0.1mg (6.56%), Selenium: 4.47µg (6.39%), Vitamin B2: 0.1mg (6.07%), Zinc: 0.75mg (5%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.15µg (2.5%)