



Grilled Chicken and Tortellini with Roasted Red Pepper Cream

READY IN



30 min.

SERVINGS



4

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz cheese tortellini refrigerated
- 2 cups broccoli florets frozen 100%
- 0.3 cup roasted peppers red drained (from a jar)
- 10 oz alfredo sauce refrigerated
- 6 oz chicken breast strips/pre-cooked/chopped refrigerated
- 2 tablespoons roasted peppers diced red (from a jar)
- 2 tablespoons butter melted
- 0.3 cup breadcrumbs italian

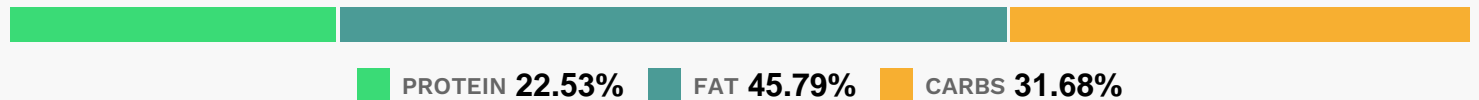
Equipment

- bowl
- sauce pan
- blender

Directions

- Cook tortellini and broccoli as directed on tortellini package.
- Drain; return tortellini and broccoli to saucepan.
- Meanwhile, puree 1/3 cup roasted peppers in blender.
- Add Alfredo sauce; blend until mixed.
- Add Alfredo sauce mixture, chicken and 2 tablespoons roasted peppers to tortellini and broccoli in saucepan; mix well. Cook and stir over medium heat for 2 to 3 minutes or until thoroughly heated, stirring occasionally. Spoon into ungreased shallow 1 to 1 1/2-quart casserole. In small bowl, combine butter and bread crumbs; mix well.
- Sprinkle over top.
- Broil 4 to 6 inches from heat for 1 to 2 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:13.22, Inflammation Score:-6, Nutrition Score:14.205217269452%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 491.87kcal (24.59%), Fat: 24.82g (38.19%), Saturated Fat: 11.77g (73.54%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 34.51g (12.55%), Sugar: 4.12g (4.57%), Cholesterol: 121.93mg (40.64%), Sodium: 1155.01mg (50.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.97%), Vitamin C: 49.45mg

(59.94%), Vitamin K: 47.47µg (45.21%), Vitamin B3: 6.68mg (33.39%), Selenium: 14.7µg (21%), Vitamin B6: 0.38mg (18.85%), Fiber: 4.14g (16.56%), Iron: 2.88mg (16%), Phosphorus: 143.61mg (14.36%), Calcium: 139.87mg (13.99%), Vitamin A: 566.44IU (11.33%), Folate: 40.85µg (10.21%), Manganese: 0.2mg (9.77%), Vitamin B1: 0.13mg (8.83%), Potassium: 295.38mg (8.44%), Vitamin B2: 0.14mg (8.06%), Vitamin B5: 0.72mg (7.23%), Magnesium: 27.03mg (6.76%), Zinc: 0.75mg (5%), Copper: 0.09mg (4.26%), Vitamin E: 0.64mg (4.25%), Vitamin B12: 0.18µg (3%)