



Make-Ahead Tomato Basil Tortellini Bake

READY IN



80 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cheese italiano cheese shredded kraft
- ☐ 16 ounce cheese tortellini frozen
- ☐ 0.3 cup parmesan cheese 100% grated kraft
- ☐ 1 cup pasta sauce
- ☐ 1 cup peas frozen
- ☐ 1 bell pepper red cut into bite-size pieces
- ☐ 270 g philadelphia tomato basil cooking creme
- ☐ 0.3 cup water

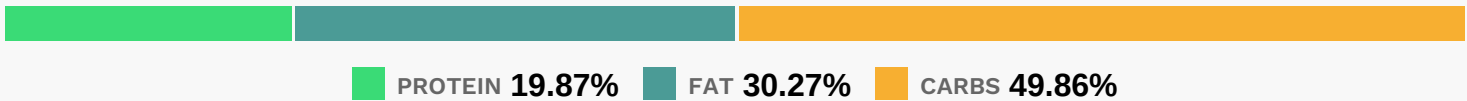
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook pasta in large saucepan as directed on package, omitting salt. Meanwhile, mix all remaining ingredients except shredded cheese until blended.
- ☐ Drain pasta.
- ☐ Add to cream cheese mixture; mix lightly. Spoon into 9-inch square baking dish sprayed with cooking spray; top with shredded cheese. Wrap tightly in plastic wrap. Freeze up to 3 months. Refrigerate overnight to thaw.
- ☐ Heat oven to 350 degrees F.
- ☐ Remove plastic wrap from baking dish; cover with foil.
- ☐ Bake 1 hour or until heated through, uncovering after 45 min.

Nutrition Facts



Properties

Glycemic Index:37.56, Glycemic Load:16.95, Inflammation Score:-8, Nutrition Score:10.996086898057%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 356.8kcal (17.84%), Fat: 12.06g (18.56%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 37.98g (13.81%), Sugar: 9.08g (10.09%), Cholesterol: 40.98mg (13.66%), Sodium: 821.68mg (35.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.63%), Vitamin C: 40.07mg (48.57%),

Vitamin A: 1379.56IU (27.59%), Fiber: 6.72g (26.88%), Calcium: 250.72mg (25.07%), Iron: 3.07mg (17.06%), Phosphorus: 114.33mg (11.43%), Potassium: 377.17mg (10.78%), Manganese: 0.17mg (8.34%), Vitamin K: 8.41µg (8.01%), Vitamin B2: 0.13mg (7.69%), Folate: 30.78µg (7.69%), Vitamin B6: 0.15mg (7.44%), Vitamin E: 1.01mg (6.75%), Selenium: 4.3µg (6.15%), Zinc: 0.9mg (6%), Vitamin B1: 0.09mg (5.94%), Vitamin B3: 1.12mg (5.6%), Magnesium: 20.95mg (5.24%), Copper: 0.1mg (4.94%), Vitamin B5: 0.27mg (2.72%), Vitamin B12: 0.15µg (2.5%)