



Parmesan-Pesto Tortellini

READY IN



20 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18 oz cheese tortellini frozen
- 2 cups basil leaves fresh
- 2 cloves garlic
- 0.5 cup olive oil
- 0.5 cup coarsely parmesan cheese refrigerated grated kraft

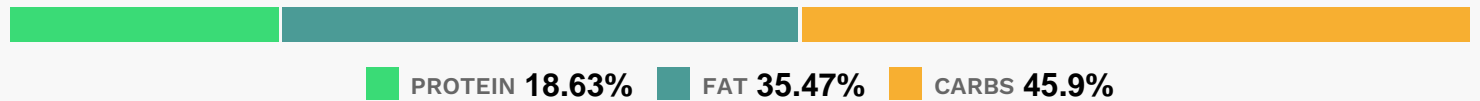
Equipment

- food processor
- bowl

Directions

- Cook tortellini as directed on package, omitting salt.
- Meanwhile, process basil, cheese and garlic in food processor until well blended. With motor running, gradually add oil through feed tube at top, processing until well blended.
- Drain tortellini; place in large bowl.
- Add pesto; mix lightly.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:16.99, Inflammation Score:-3, Nutrition Score:5.7065218557482%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 334.74kcal (16.74%), Fat: 13.22g (20.34%), Saturated Fat: 4.17g (26.09%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.11g (12.77%), Sugar: 2.42g (2.69%), Cholesterol: 39.57mg (13.19%), Sodium: 515.51mg (22.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.25%), Vitamin K: 35.53µg (33.83%), Calcium: 210.02mg (21%), Iron: 2.5mg (13.87%), Fiber: 3.38g (13.52%), Vitamin A: 494.17IU (9.88%), Phosphorus: 58.84mg (5.88%), Manganese: 0.12mg (5.78%), Selenium: 3.08µg (4.4%), Vitamin E: 0.63mg (4.17%), Zinc: 0.44mg (2.91%), Vitamin C: 1.75mg (2.12%), Vitamin B2: 0.04mg (2.11%), Magnesium: 8.29mg (2.07%), Vitamin B12: 0.11µg (1.88%), Copper: 0.04mg (1.86%), Vitamin B6: 0.03mg (1.58%), Folate: 5.97µg (1.49%), Potassium: 42.98mg (1.23%)