



## Simple & Creamy Tortellini Alfredo

READY IN



25 min.

SERVINGS



25

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 4 oz philadelphia cream cheese cubed ()
- 14 oz chicken broth fat-free reduced-sodium canned
- 0.8 cup italian\* five cheese blend shredded kraft finely
- 1 cup peas frozen
- 18 oz cheese tortellini refrigerated
- 1 cup water

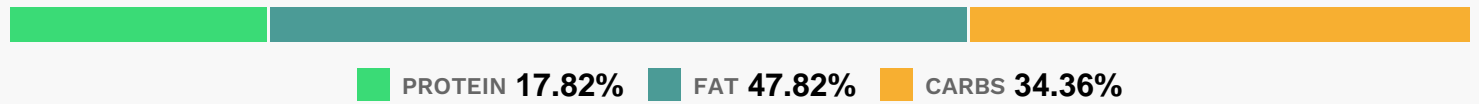
### Equipment

sauce pan

## Directions

- Bring broth and water to boil in large saucepan on medium-high heat.
- Add pasta; stir. Cover; simmer on medium-low heat 8 to 9 min. or until pasta is tender. (Do not drain.)
- Stir in cream cheese and peas; cook, uncovered, 2 to 3 min. or until cream cheese is completely melted, stirring occasionally.
- Stir in shredded cheese and bacon.

## Nutrition Facts



## Properties

Glycemic Index:4.85, Glycemic Load:4.33, Inflammation Score:-1, Nutrition Score:1.7143478594396%

## Nutrients (% of daily need)

Calories: 117.49kcal (5.87%), Fat: 6.28g (9.66%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.05g (3.29%), Sugar: 1.09g (1.22%), Cholesterol: 16.49mg (5.5%), Sodium: 209.86mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Fiber: 1.11g (4.42%), Calcium: 42.64mg (4.26%), Iron: 0.65mg (3.64%), Vitamin C: 2.32mg (2.81%), Selenium: 1.9µg (2.72%), Vitamin B1: 0.03mg (2.14%), Vitamin A: 107.24IU (2.14%), Vitamin B3: 0.43mg (2.13%), Phosphorus: 20.47mg (2.05%), Vitamin B2: 0.03mg (1.51%), Vitamin K: 1.53µg (1.46%), Vitamin B6: 0.03mg (1.43%), Manganese: 0.03mg (1.33%), Vitamin B12: 0.07µg (1.14%), Folate: 4.34µg (1.08%), Zinc: 0.16mg (1.07%), Potassium: 35.36mg (1.01%)