



Slow-Cooker Cheesy Italian Tortellini

READY IN



450 min.

SERVINGS



4

CALORIES



672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 lb ground beef 80% lean (at least)
- 0.5 lb ground sausage italian
- 15 oz tomatoes refrigerated
- 1 cup mushrooms fresh sliced
- 14.5 oz tomatoes diced italian with herbs, undrained canned
- 9 oz cheese tortellini refrigerated
- 4 oz mozzarella cheese shredded

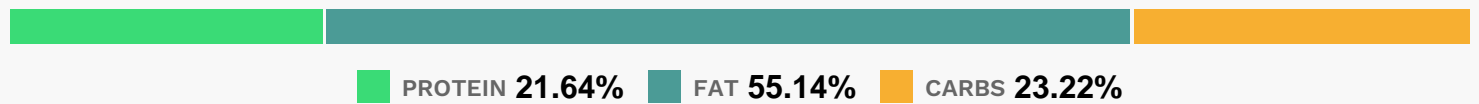
Equipment

- frying pan
- slow cooker

Directions

- In 10-inch skillet, cook beef and sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain.
- Spray inside of 4- to 5-quart slow cooker with cooking spray.
- Mix beef mixture, marinara sauce, mushrooms and tomatoes in cooker.
- Cover; cook on Low heat setting 7 to 8 hours.
- Stir in tortellini; sprinkle with cheese. Cover; cook on Low heat setting about 15 minutes longer or until tortellini are tender.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:14.9, Inflammation Score:-6, Nutrition Score:22.139999835388%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 671.88kcal (33.59%), Fat: 41.4g (63.69%), Saturated Fat: 16.33g (102.06%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 33.92g (12.34%), Sugar: 8.78g (9.76%), Cholesterol: 129.98mg (43.33%), Sodium: 1559.11mg (67.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.1%), Selenium: 30.36µg (43.37%), Vitamin B12: 2.39µg (39.75%), Vitamin B3: 6.92mg (34.6%), Phosphorus: 339.32mg (33.93%), Zinc: 4.72mg (31.44%), Iron: 5.66mg (31.43%), Vitamin B6: 0.61mg (30.35%), Calcium: 301.3mg (30.13%), Vitamin B1: 0.45mg (29.74%), Vitamin B2: 0.48mg (28.32%), Potassium: 903.35mg (25.81%), Vitamin C: 18.64mg (22.59%), Fiber: 5.29g (21.14%), Copper: 0.35mg (17.63%), Vitamin E: 2.52mg (16.79%), Vitamin A: 772.21IU (15.44%), Vitamin B5: 1.42mg (14.23%), Magnesium: 52.66mg (13.16%), Manganese: 0.25mg (12.56%), Folate: 32.36µg (8.09%), Vitamin K: 7.63µg (7.27%), Vitamin D: 0.22µg (1.45%)