



Spinach Cheese Tortellini

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbs butter
- 1 large can canned tomatoes crushed
- 1 package cheese tortellini - prepare dried fresh per package instructions (,)
- 1 tsp cumin
- 1 tsp basil dried
- 2 Tbs flour
- 2 cloves garlic minced
- 1 tsp garlic powder
- 0.8 cup cup heavy whipping cream

- 0.8 C milk
- 2 Tbs olive oil
- 1 small onion diced
- 1 tsp onion powder
- 1 tsp oregano
- 0.3 c parmesan fresh grated plus more to taste. (is best)
- 2 tsp sugar raw
- 0.3 tsp pepper red
- 8 servings salt and pepper to taste
- 4 cups pkt spinach fresh
- 1 tsp thyme leaves

Equipment

- bowl
- frying pan
- whisk
- wooden spoon
- stove
- slotted spoon

Directions

- Prepare tortellini per package instructions. In a large stainless steel pan, heat onions in olive oil and butter over medium heat until onions are soft and translucent (about 3–4 minutes).
- Add the garlic and allow to cook x 1 minutes.
- Add the tomatoes (juice and all), salt and pepper, garlic powder, onion powder, red pepper flakes, thyme, oregano, cumin and dried basil and raw sugar and allow to simmer for 5 minutes.
- Add spinach leaves all at once and place lid on the pan so that spinach can wilt. Stir occasionally until leaves are wilted. If tomato mixture becomes too dry you can add water cup at a time as needed to wilt the spinach. Continue to allow the tomato mixture to simmer. Once

the spinach is wilted, in a small bowl, mix flour, milk and cream together and whisk together with a fork or a whisk. Once well blended, add to the tomato/spinach mixture.

- Add the Parmesan Cheese.Using a slotted spoon, remove the tortellini from its cooking water and place into the tomato mixture. Gently mix with a wooden spoon being careful not to tear up the tortellini.
- Heat on stove top until all is heated through.
- Serve immediately.
- Garnish with parmesan cheese and fresh basil

Nutrition Facts

PROTEIN 8.44% **FAT 70.84%** **CARBS 20.72%**

Properties

Glycemic Index:47.13, Glycemic Load:2.86, Inflammation Score:-9, Nutrition Score:12.299565217391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Taste

Sweetness: 59.96%, Saltiness: 43.7%, Sourness: 57.58%, Bitterness: 17.5%, Savoriness: 24.21%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 199.19kcal (9.96%), Fat: 16.31g (25.1%), Saturated Fat: 8.44g (52.72%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 8.9g (3.24%), Sugar: 5.68g (6.31%), Cholesterol: 37.79mg (12.6%), Sodium: 364.89mg (15.86%), Protein: 4.37g (8.75%), Vitamin K: 82.91µg (78.96%), Vitamin A: 2027.23IU (40.54%), Manganese: 0.32mg (15.76%), Calcium: 129.07mg (12.91%), Vitamin C: 10.22mg (12.39%), Vitamin E: 1.86mg (12.37%), Folate: 43.65µg (10.91%), Iron: 1.74mg (9.64%), Potassium: 332.98mg (9.51%), Vitamin B2: 0.16mg (9.33%), Phosphorus: 93.02mg (9.3%), Vitamin B6: 0.17mg (8.38%), Magnesium: 33.04mg (8.26%), Fiber: 1.83g (7.33%), Copper: 0.14mg (6.9%), Vitamin B1: 0.09mg (6.3%), Vitamin B3: 0.95mg (4.77%), Selenium: 3.26µg (4.66%), Vitamin D: 0.62µg (4.16%), Zinc: 0.55mg (3.67%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.2µg (3.38%)