



Spinach Tomato Tortellini

READY IN



40 min.

SERVINGS



6

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with garlic and onion canned
- ☐ 16 ounce cheese tortellini
- ☐ 1.5 teaspoons basil dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 cup heavy cream
- ☐ 0.8 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 1 cup pkt spinach fresh chopped

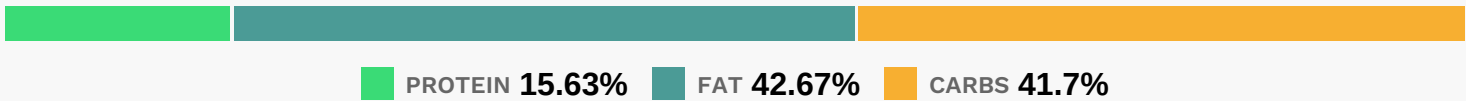
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the tortellini, and cook until tender, about 10 minutes.
- ☐ While you get the tortellini going, combine the tomatoes, spinach, salt, pepper, basil and garlic in a large saucepan over medium heat. Cook and stir until the mixture begins to bubble.
- ☐ In a medium bowl, whisk together the flour, milk and cream. Stir this mixture into the saucepan along with the Parmesan cheese.
- ☐ Heat through, then reduce heat to low, and simmer until thick, about 2 minutes.
- ☐ Drain the tortellini, but do not rinse, then pour them into the saucepan with the sauce. Stir to coat, and serve.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:18.37, Inflammation Score:-7, Nutrition Score:10.431739143703%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 405.81kcal (20.29%), Fat: 19.56g (30.09%), Saturated Fat: 10.21g (63.84%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 38.54g (14.01%), Sugar: 7.51g (8.34%), Cholesterol: 69.63mg (23.21%), Sodium: 709.15mg (30.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.23%), Vitamin K: 33.33µg (31.75%), Calcium: 236.57mg (23.66%), Vitamin A: 1141.29IU (22.83%), Iron: 3.36mg (18.67%), Fiber: 4.48g (17.91%), Manganese: 0.24mg (11.82%), Phosphorus: 103.13mg (10.31%), Vitamin B2: 0.17mg (10.21%), Vitamin C: 8.04mg (9.75%), Potassium: 322.72mg (9.22%), Vitamin E: 1.3mg (8.65%), Vitamin B6: 0.16mg (7.79%), Copper: 0.15mg (7.44%), Magnesium: 27.45mg (6.86%), Vitamin B1: 0.1mg (6.69%), Folate: 25.43µg (6.36%), Selenium: 4.32µg (6.17%), Vitamin D: 0.83µg (5.55%), Vitamin B3: 1.09mg (5.46%), Vitamin B12: 0.27µg (4.48%), Zinc: 0.63mg (4.21%), Vitamin B5: 0.41mg (4.14%)