



## Summer Garden Tortelloni

READY IN



20 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup basil chopped
- 8 ounce cheese tortellini dried
- 2 cups regular corn (from 4 ears)
- 1 large garlic clove finely chopped
- 2 oz pancetta thinly sliced cut into strips
- 2 medium tomatoes
- 0.5 stick butter unsalted

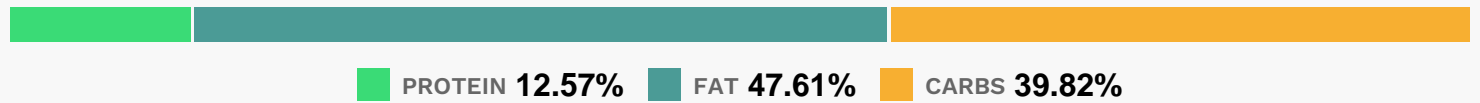
### Equipment

- bowl
- frying pan
- pot

## Directions

- Cook tortelloni in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) according to package instructions.
- While tortelloni boils, cook garlic, prosciutto, corn, 1/2 teaspoon salt, and 1/4 teaspoon pepper in butter in a large heavy skillet over medium-high heat, stirring occasionally, until corn is just tender, 4 to 5 minutes.
- Meanwhile, chop tomatoes.
- Combine corn mixture and tomatoes in a large bowl.
- Reserve 1/4 cup pasta-cooking water, then drain tortelloni and add to vegetables along with reserved cooking water and basil. Toss well and season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:60.88, Glycemic Load:19.89, Inflammation Score:-7, Nutrition Score:9.3008694700573%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 423.52kcal (21.18%), Fat: 23.2g (35.7%), Saturated Fat: 10.9g (68.12%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 38.87g (14.13%), Sugar: 6.73g (7.47%), Cholesterol: 61.27mg (20.42%), Sodium: 345.56mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.56%), Vitamin A: 1231.35IU (24.63%), Fiber: 4.8g (19.22%), Vitamin K: 18.62µg (17.73%), Vitamin C: 13.43mg (16.28%), Manganese: 0.25mg (12.39%), Iron: 2.13mg (11.82%), Vitamin B3: 2.27mg (11.35%), Vitamin B6: 0.21mg (10.42%), Potassium: 356.93mg (10.2%), Phosphorus: 100.68mg (10.07%), Calcium: 99.46mg (9.95%), Vitamin B1: 0.14mg (9.11%), Magnesium: 30.88mg (7.72%), Vitamin B5: 0.77mg (7.7%), Folate: 29.42µg (7.36%), Vitamin E: 0.81mg (5.43%), Zinc: 0.79mg (5.3%), Copper: 0.1mg (4.8%), Selenium: 3.26µg (4.66%), Vitamin B2: 0.08mg (4.41%), Vitamin D: 0.27µg (1.79%), Vitamin B12: 0.09µg (1.58%)