 6%  
HEALTH SCORE

## Tortellini Alfredo

READY IN



30 min.

SERVINGS



6

CALORIES



733 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 18 ounces cheese tortellini refrigerated
- 0.5 cup onion chopped
- 0.3 cup butter cubed
- 1.5 cups peas frozen thawed
- 1 cup mushrooms fresh thinly sliced
- 1 cup mushrooms fresh thinly sliced
- 1 cup finely-chopped ham cubed fully cooked
- 1.8 cups cup heavy whipping cream
- 0.3 teaspoon pepper

0.8 cup parmesan cheese grated

1 serving parmesan shredded

## Equipment

frying pan

## Directions

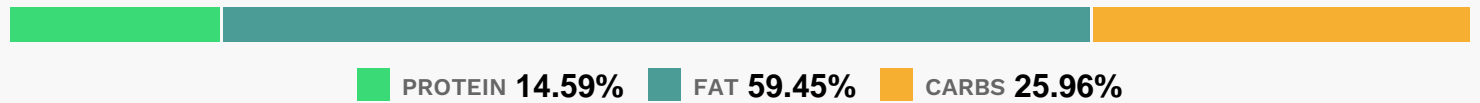
Cook tortellini according to package directions. Meanwhile, in a large skillet, saute onion in butter until tender.

Add the peas, mushrooms and ham; cook until mushrooms are tender. Stir in cream and pepper; heat through. Stir in the grated Parmesan cheese until melted.

Drain tortellini and place in a serving dish; add the sauce and toss to coat.

Sprinkle with shredded Parmesan cheese if desired.

## Nutrition Facts



## Properties

Glycemic Index:49.06, Glycemic Load:18.8, Inflammation Score:-8, Nutrition Score:15.677826086957%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 733.17kcal (36.66%), Fat: 49.01g (75.4%), Saturated Fat: 27.96g (174.73%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 42.3g (15.38%), Sugar: 7.72g (8.58%), Cholesterol: 165.9mg (55.3%), Sodium: 989.28mg (43.01%), Protein: 27.07g (54.13%), Calcium: 353.47mg (35.35%), Vitamin A: 1760.79IU (35.22%), Phosphorus: 282.9mg (28.29%), Vitamin C: 20.96mg (25.41%), Vitamin B2: 0.42mg (24.68%), Fiber: 5.87g (23.46%), Selenium: 15.14µg (21.62%), Iron: 3.23mg (17.93%), Vitamin B1: 0.25mg (16.55%), Vitamin B3: 2.67mg (13.36%), Zinc: 1.92mg (12.77%), Vitamin K: 12.58µg (11.98%), Vitamin B12: 0.64µg (10.66%), Manganese: 0.21mg (10.63%), Copper: 0.21mg (10.38%), Potassium: 360.28mg (10.29%), Vitamin B6: 0.2mg (9.92%), Vitamin B5: 0.95mg (9.53%), Folate: 36.37µg (9.09%), Vitamin D: 1.26µg (8.41%), Magnesium: 31.96mg (7.99%), Vitamin E: 1.06mg (7.07%)