



Tortellini Carbonara

READY IN



45 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 9 ounces cheese-filled tortellini fresh
- ☐ 0.5 pound ham cooked cut into 1/2 inch pieces
- ☐ 4 cups half-and-half
- ☐ 0.3 cup onion chopped
- ☐ 1 cup parmesan cheese grated
- ☐ 1.5 cups peas green frozen

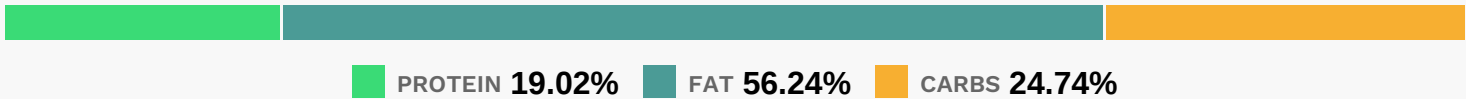
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt the butter in a large skillet over medium heat. Stir in the onion and ham and saute for 5 minutes, or until onion is translucent.
- ☐ Pour in the half-and-half and the cheese, stirring frequently, until the sauce starts to thicken and bubble. Season with salt and pepper to taste and set aside.
- ☐ Fill a large pot with water and bring to a boil.
- ☐ Add the tortellini and cook to desired doneness, or according to package directions.
- ☐ Add the peas to the boiling tortellini in the final minute of cooking.
- ☐ Drain all from the water and toss with the ham and sauce mixture.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:9.96, Inflammation Score:-7, Nutrition Score:16.26304373793%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 535.57kcal (26.78%), Fat: 33.65g (51.77%), Saturated Fat: 18.19g (113.66%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 29.51g (10.73%), Sugar: 10.21g (11.34%), Cholesterol: 124.75mg (41.58%), Sodium: 1043.3mg (45.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.6g (51.21%), Phosphorus: 411.51mg (41.15%), Calcium: 394.12mg (39.41%), Vitamin C: 25.25mg (30.61%), Vitamin B2: 0.51mg (30.1%), Selenium: 19.21µg (27.45%), Vitamin B1: 0.35mg (23.53%), Vitamin A: 1109.35IU (22.19%), Vitamin B12: 1.07µg (17.87%), Zinc: 2.66mg (17.73%), Fiber: 3.8g (15.18%), Vitamin B6: 0.26mg (13.02%), Potassium: 449.15mg (12.83%), Iron: 2.11mg (11.72%), Vitamin B3: 2.3mg (11.5%), Vitamin K: 11.72µg (11.17%), Magnesium: 42.63mg (10.66%), Manganese: 0.19mg (9.54%), Vitamin B5: 0.9mg (9.01%), Folate: 31.94µg (7.99%), Copper: 0.13mg (6.53%), Vitamin E: 0.65mg (4.3%)