



Tortellini in Creamy RosÃ© Sauce

READY IN



35 min.

SERVINGS



35

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups baby spinach leaves loosely packed
- 0.5 cup philadelphia cream cheese spread ()
- 1.5 cups chicken broth fat-free reduced-sodium
- 1 clove garlic minced
- 1 Tbsp milk
- 1 Tbsp olive oil
- 1 onion chopped
- 0.3 cup parmesan cheese grated kraft
- 1 cup classico family favorites pasta sauce traditional

9 oz cheese tortellini refrigerated uncooked

Equipment

frying pan

Directions

Mix cream cheese spread and milk until blended.

Heat oil in large skillet on medium heat.

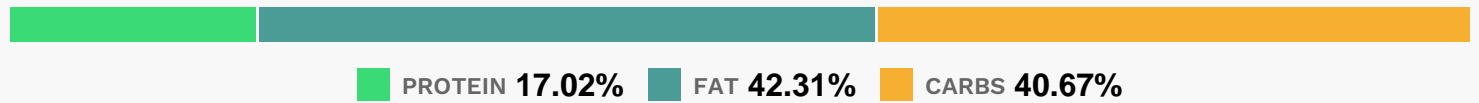
Add onions and garlic; cook and stir 5 min. or until onions are crisp-tender. Stir in broth and pasta sauce. Bring to boil.

Add pasta; stir. Cover; cook on medium heat 5 min., stirring occasionally.

Add cream cheese mixture; cook and stir 3 to 5 min. or until heated through. Cover; cook 5 min. or until pasta is tender, stirring occasionally.

Stir in spinach; cook, covered, 1 min. or just until wilted. Top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:2.1182608123383%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 41.76kcal (2.09%), Fat: 1.99g (3.06%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.74g (0.82%), Cholesterol: 5.45mg (1.82%), Sodium: 135.17mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin K: 17.02µg (16.21%), Vitamin A: 389.56IU (7.79%), Calcium: 26.69mg (2.67%), Manganese: 0.05mg (2.27%), Vitamin C: 1.71mg (2.08%), Iron: 0.37mg (2.07%), Fiber: 0.51g (2.05%), Folate: 8.02µg (2.01%), Vitamin E: 0.23mg (1.55%), Potassium: 49.73mg (1.42%), Magnesium: 4.49mg (1.12%), Phosphorus: 10.64mg (1.06%), Vitamin B6: 0.02mg (1.03%)