



Tortellini Italiano

READY IN



20 min.

SERVINGS



4

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb cheese tortellini frozen uncooked
- 8 oz philadelphia cream cheese spread
- 0.5 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 1 cup peas frozen
- 1 cup pasilla peppers red chopped

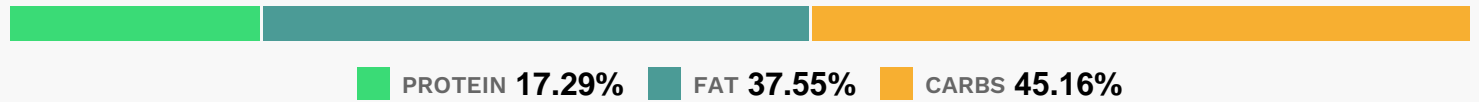
Equipment

- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, mix cream cheese spread, milk and seasoning until blended; set aside. Cook and stir vegetables in large nonstick skillet on medium heat 4 to 5 min. or until peppers are crisp-tender and peas are heated through.
- Add cream cheese mixture; cook and stir 2 min. or until heated through.
- Drain pasta.
- Add to skillet; stir to evenly coat.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:24.46, Inflammation Score:-8, Nutrition Score:12.245651944824%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 537.43kcal (26.87%), Fat: 22.43g (34.51%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 60.7g (20.23%), Net Carbohydrates: 53.45g (19.44%), Sugar: 8.92g (9.91%), Cholesterol: 79.14mg (26.38%), Sodium: 761.44mg (33.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.48%), Vitamin C: 62.19mg (75.38%), Vitamin A: 1998.23IU (39.96%), Fiber: 7.25g (29.01%), Calcium: 252.99mg (25.3%), Iron: 3.67mg (20.38%), Vitamin K: 12.24µg (11.65%), Folate: 41.23µg (10.31%), Manganese: 0.2mg (10.09%), Vitamin B6: 0.18mg (8.83%), Vitamin B1: 0.12mg (8.08%), Vitamin B3: 1.14mg (5.7%), Phosphorus: 56.74mg (5.67%), Vitamin B2: 0.09mg (5.36%), Potassium: 181.13mg (5.18%), Vitamin E: 0.68mg (4.54%), Magnesium: 17.94mg (4.48%), Zinc: 0.58mg (3.86%), Copper: 0.07mg (3.58%), Vitamin B5: 0.19mg (1.86%), Selenium: 0.84µg (1.2%)