



 **6%**  
HEALTH SCORE

## Tortellini Italiano

READY IN



20 min.

SERVINGS



4

CALORIES



685 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 10 ounce philadelphia cheese and herb cooking creme italian
- 16 ounce cheese tortellini frozen
- 1 cup peas frozen
- 1 cup bell pepper red chopped

## Equipment

## Nutrition Facts



■ PROTEIN 14.18% ■ FAT 51.39% ■ CARBS 34.43%

## Properties

Glycemic Index:31.58, Glycemic Load:24.32, Inflammation Score:-8, Nutrition Score:11.902608695652%

## 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: 684.98kcal (34.25%), Fat: 39.22g (60.33%), Saturated Fat: 22.77g (142.31%), Carbohydrates: 59.12g (19.71%), Net Carbohydrates: 51.96g (18.9%), Sugar: 9.23g (10.26%), Cholesterol: 116.4mg (38.8%), Sodium: 935.35mg (40.67%), Protein: 24.34g (48.68%), Vitamin C: 62.18mg (75.37%), Vitamin A: 2176.45IU (43.53%), Fiber: 7.16g (28.63%), Calcium: 220.96mg (22.1%), Iron: 3.58mg (19.92%), Vitamin K: 10.82µg (10.3%), Folate: 40.7µg (10.17%), Manganese: 0.19mg (9.52%), Vitamin B6: 0.17mg (8.48%), Vitamin B1: 0.12mg (7.77%), Vitamin B3: 1.12mg (5.61%), Phosphorus: 48.84mg (4.88%), Potassium: 167.05mg (4.77%), Vitamin B2: 0.08mg (4.68%), Vitamin E: 0.64mg (4.24%), Magnesium: 16.43mg (4.11%), Zinc: 0.54mg (3.62%), Copper: 0.07mg (3.51%), Vitamin B5: 0.16mg (1.56%)