



WHATSheATE



Tortellini Minestrone Casserole

READY IN



75 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz tortellini refrigerated
- ☐ 12 oz savory vegetable mixed frozen
- ☐ 14 oz tomatoes diced with basil, garlic and oregano, undrained canned
- ☐ 15 oz great northern beans rinsed drained canned
- ☐ 8 oz tomato sauce canned
- ☐ 0.5 cup water
- ☐ 0.3 cup parmesan fresh shredded

Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. In ungreased 2-quart casserole or 8-inch square glass baking dish, mix all ingredients except cheese. Cover with foil.
- ☐ Bake 45 minutes. Uncover and stir well.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered 10 to 15 minutes longer or until center is hot and cheese is golden brown.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:17.28, Inflammation Score:-10, Nutrition Score:22.270434813007%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 428.98kcal (21.45%), Fat: 8.19g (12.6%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 68.66g (22.89%), Net Carbohydrates: 55.78g (20.28%), Sugar: 6.22g (6.91%), Cholesterol: 28.49mg (9.5%), Sodium: 833.3mg (36.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.98%), Vitamin A: 4729.18IU (94.58%), Fiber: 12.88g (51.51%), Manganese: 0.78mg (38.98%), Iron: 5.66mg (31.45%), Folate: 124.25µg (31.06%), Vitamin C: 23.42mg (28.39%), Calcium: 281.45mg (28.14%), Phosphorus: 272.3mg (27.23%), Potassium: 914.14mg (26.12%), Magnesium: 97.1mg (24.27%), Vitamin B1: 0.32mg (21.1%), Copper: 0.39mg (19.48%), Vitamin B6: 0.37mg (18.29%), Vitamin B2: 0.25mg (14.6%), Vitamin B3: 2.84mg (14.2%), Zinc: 1.51mg (10.08%), Vitamin E: 1.5mg (10.03%), Selenium: 6.54µg (9.35%), Vitamin B5: 0.75mg (7.55%), Vitamin K: 4.57µg (4.35%), Vitamin B12: 0.08µg (1.25%)