



Tortellini Pasta Carbonara

READY IN



15 min.

SERVINGS



3

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup classico creamy alfredo pasta sauce
- 6 slices oscar mayer bacon chopped
- 0.5 cup peas frozen thawed
- 9 oz cheese tortellini refrigerated

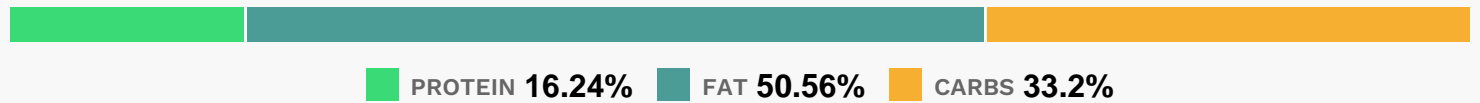
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook and stir bacon in medium skillet on medium heat until bacon is crisp; drain. Stir in Alfredo sauce and peas. Cook on low heat 2 min. or until heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add sauce mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:17.77, Inflammation Score:-2, Nutrition Score:6.9439130814179%

Nutrients (% of daily need)

Calories: 504.76kcal (25.24%), Fat: 28.18g (43.35%), Saturated Fat: 9.94g (62.15%), Carbohydrates: 41.64g (13.88%), Net Carbohydrates: 37.03g (13.46%), Sugar: 4.08g (4.54%), Cholesterol: 74.92mg (24.97%), Sodium: 800.5mg (34.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.73%), Fiber: 4.61g (18.44%), Iron: 2.7mg (15.02%), Selenium: 9.28µg (13.26%), Calcium: 128.59mg (12.86%), Vitamin B1: 0.19mg (12.38%), Vitamin C: 9.67mg (11.72%), Vitamin B3: 2.27mg (11.37%), Phosphorus: 89.46mg (8.95%), Vitamin B6: 0.16mg (7.89%), Vitamin K: 5.99µg (5.71%), Zinc: 0.82mg (5.46%), Manganese: 0.1mg (5.2%), Potassium: 146.09mg (4.17%), Vitamin A: 201.15IU (4.02%), Vitamin B2: 0.07mg (3.97%), Folate: 15.71µg (3.93%), Vitamin B12: 0.22µg (3.67%), Magnesium: 13.26mg (3.31%), Copper: 0.06mg (3.05%), Vitamin B5: 0.27mg (2.69%), Vitamin E: 0.22mg (1.47%), Vitamin D: 0.18µg (1.17%)