



## Tortellini with Bacon and Peas

READY IN



20 min.

SERVINGS



2

CALORIES



782 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 oz spinach tortellini refrigerated
- 1 tablespoon olive oil
- 3 slices bacon chopped
- 1 cup peas sweet frozen (from 12-oz bag)
- 2 tablespoons whipping cream
- 1 serving salt and pepper to taste

### Equipment

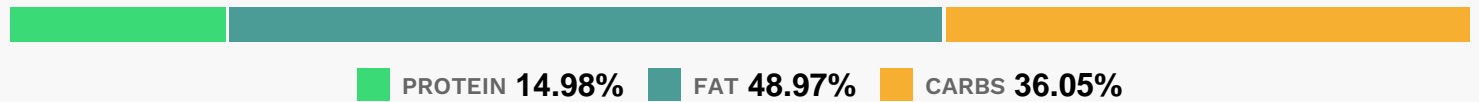
- frying pan

paper towels

## Directions

- Cook tortellini as directed on package; drain, reserving 1/4 cup cooking water.
- Meanwhile, in 12-inch skillet, heat oil over medium heat. Cook bacon in oil, stirring occasionally, until crisp.
- Remove bacon to paper towels; discard drippings.
- Add peas to skillet; cook and stir 1 minute.
- Add tortellini and reserved cooking water. Cook 2 to 3 minutes, stirring frequently, until peas are thoroughly heated.
- Remove from heat; stir in whipping cream and bacon. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:22.17, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:14.792608613553%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 782.05kcal (39.1%), Fat: 42.56g (65.47%), Saturated Fat: 15.22g (95.12%), Carbohydrates: 70.5g (23.5%), Net Carbohydrates: 62.79g (22.83%), Sugar: 8.12g (9.02%), Cholesterol: 112.55mg (37.52%), Sodium: 1111.54mg (48.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.57%), Vitamin C: 29.09mg (35.26%), Fiber: 7.7g (30.82%), Calcium: 271.58mg (27.16%), Vitamin A: 1156.14IU (23.12%), Vitamin B1: 0.34mg (22.99%), Vitamin K: 22.67µg (21.59%), Iron: 3.5mg (19.43%), Vitamin B3: 3.7mg (18.48%), Selenium: 12.61µg (18.01%), Phosphorus: 164.76mg (16.48%), Manganese: 0.3mg (15.18%), Vitamin B6: 0.27mg (13.57%), Folate: 47.72µg (11.93%), Zinc: 1.57mg (10.48%), Vitamin B2: 0.17mg (9.86%), Vitamin E: 1.47mg (9.82%), Potassium: 298.16mg (8.52%), Magnesium: 31.46mg (7.86%), Copper: 0.15mg (7.6%), Vitamin B12: 0.29µg (4.9%), Vitamin B5: 0.41mg (4.13%), Vitamin D: 0.46µg (3.04%)