



Tortellini with Cherry Tomatoes

READY IN



15 min.

SERVINGS



2

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz tortellini refrigerated
- ☐ 1 tablespoon olive oil
- ☐ 1 clove garlic finely chopped
- ☐ 2 cups cherry tomatoes
- ☐ 1 spring onion sliced

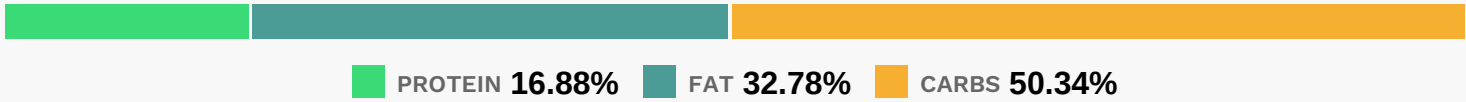
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Cook tortellini as directed on package; drain, reserving 1/4 cup cooking water.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium heat.
- ☐ Add garlic; cook and stir 30 seconds.
- ☐ Add tomatoes; cook 3 to 5 minutes, stirring occasionally, until tomatoes begin to split (gently press tomatoes down with spatula or back of spoon).
- ☐ Add tortellini and reserved cooking water to skillet. Cook 2 minutes. Top with green onion.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:25.49, Inflammation Score:-6, Nutrition Score:9.6886956588082%

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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 489.61kcal (24.48%), Fat: 18.03g (27.73%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 62.28g (20.76%), Net Carbohydrates: 56.2g (20.44%), Sugar: 7.44g (8.26%), Cholesterol: 48.48mg (16.16%), Sodium: 571.41mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.77%), Vitamin C: 35.57mg (43.11%), Iron: 4.42mg (24.55%), Fiber: 6.08g (24.31%), Calcium: 204.01mg (20.4%), Vitamin K: 20.83µg (19.84%), Vitamin A: 788.57IU (15.77%), Vitamin E: 1.88mg (12.51%), Potassium: 347.46mg (9.93%), Manganese: 0.19mg (9.56%), Vitamin B6: 0.14mg (7%), Copper: 0.12mg (6.06%), Folate: 23.25µg (5.81%), Phosphorus: 46.24mg (4.62%), Vitamin B3: 0.83mg (4.17%), Vitamin B1: 0.06mg (4%), Magnesium: 14.98mg (3.75%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.25mg (1.66%), Selenium: 0.99µg (1.42%)