



Tortellini with Salmon & Dill

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 0.5 cup cucumbers chopped
- 2 tsp optional: dill fresh chopped
- 0.3 cup milk
- 9 oz cheese tortellini refrigerated cooked drained (2-)
- 3 oz salmon smoked cut into thin strips

Equipment

- sauce pan

Directions

- Place cream cheese and milk in medium saucepan; cook on low heat 5 min. or until cream cheese is completely melted and mixture is well blended, stirring frequently.
- Add cucumbers, salmon and dill; mix well. Cook 5 min. or until heated through, stirring occasionally.
- Toss with the hot tortellini.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:2.14, Inflammation Score:-1, Nutrition Score:1.0252173834521%

Nutrients (% of daily need)

Calories: 53.38kcal (2.67%), Fat: 2.66g (4.09%), Saturated Fat: 1.28g (8%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.45g (1.62%), Sugar: 0.61g (0.68%), Cholesterol: 9.53mg (3.18%), Sodium: 86.19mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin D: 0.61µg (4.06%), Calcium: 22.61mg (2.26%), Vitamin B12: 0.13µg (2.23%), Selenium: 1.54µg (2.2%), Iron: 0.3mg (1.67%), Fiber: 0.41g (1.63%), Vitamin A: 70.36IU (1.41%), Phosphorus: 13.46mg (1.35%), Vitamin B2: 0.02mg (1.05%)