



Turkey and Tortellini Alfredo

READY IN



40 min.

SERVINGS



4

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce alfredo sauce prepared
- 2 tablespoons butter
- 1 teaspoon garlic minced
- 0.3 cup milk
- 2 tablespoons parmesan cheese grated to taste
- 9 ounce cheese tortellini refrigerated
- 4 servings salt and pepper to taste
- 0.5 cup mozzarella cheese shredded to taste
- 2 cups turkey cubed cooked

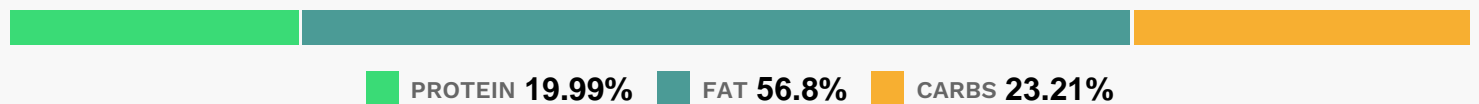
Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan
- colander

Directions

- Bring a saucepan of lightly salted water to a boil, stir in the tortellini, bring back to a boil, reduce heat, and simmer the tortellini until they're cooked but not completely tender, about 5 minutes.
- Drain the tortellini in a colander set in the sink.
- Preheat oven to 325 degrees F (165 degrees C). Grease a 1 1/2-quart oval baking dish.
- Heat the butter in a skillet over medium heat. Cook and stir the garlic until fragrant, about 2 minutes.
- Whisk in the Alfredo sauce and milk; season to taste with salt and pepper. Bring the mixture to a simmer over medium-low heat. Stir in the the tortellini and turkey, mixing just enough to coat the pasta and turkey with the sauce. Spoon the mixture into the prepared baking dish, and sprinkle the top with mozzarella and Parmesan cheeses.
- Bake in the preheated oven until the casserole is hot and bubbling and the cheese topping has melted and begun to brown, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:13.06, Inflammation Score:-2, Nutrition Score:8.1134782835193%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 572.79kcal (28.64%), Fat: 35.66g (54.86%), Saturated Fat: 17.34g (108.38%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 30.33g (11.03%), Sugar: 4.41g (4.9%), Cholesterol: 159.88mg (53.29%), Sodium: 1423.26mg (61.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.48%), Calcium: 210.44mg (21.04%), Selenium: 14.31µg (20.44%), Vitamin B3: 3.83mg (19.17%), Vitamin B12: 1.05µg (17.56%), Phosphorus: 174.59mg (17.46%), Vitamin B6: 0.32mg (16.19%), Iron: 2.14mg (11.9%), Zinc: 1.48mg (9.86%), Fiber: 2.44g (9.76%), Vitamin B2: 0.16mg (9.67%), Vitamin A: 343.8IU (6.88%), Vitamin B5: 0.5mg (5%), Magnesium: 18.26mg (4.57%), Potassium: 154.17mg (4.4%), Vitamin B1: 0.04mg (2.61%), Vitamin D: 0.39µg (2.57%), Copper: 0.04mg (2.17%), Vitamin E: 0.25mg (1.7%), Manganese: 0.03mg (1.3%), Folate: 4.84µg (1.21%)