

 57%
HEALTH SCORE

(Web Exclusive) Round 2 : Tortellini with Caramelized Onion and Bacon

READY IN



20 min.

SERVINGS



2

CALORIES



1636 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 strips bacon chopped
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 tablespoons canola oil
- ☐ 16 ounce cheese tortellini frozen
- ☐ 2 servings serving suggestion: herb focaccia
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 teaspoons garlic chopped

- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 14.5 ounce less sodium beef broth canned
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons parmesan grated
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 16 ounce vegetable blend frozen italian
- ☐ 3 cups water
- ☐ 1 medium onion yellow thinly sliced

Equipment

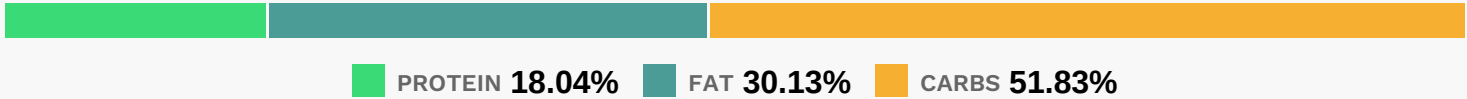
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large skillet, cook bacon until crisp about 5 minutes.
- ☐ Remove to a towel to absorb excess bacon fat.
- ☐ Add the onion to the same skillet used to fry the bacon and cook until it turns light brown in color, about 10 to 12 minutes.
- ☐ Add the tortellini to the pan cook until heated through.
- ☐ Add the cooked bacon, parsley and season with salt and pepper, to taste.
- ☐ Transfer to serving bowl and top with Parmesan cheese.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large pot, heat the oil over medium heat and add the onion, garlic, and red pepper flakes.
- ☐ Saute for 2 minutes, then add the beef broth and 3 cups of water.

- ☐ Add all of the remaining ingredients, except the tortellini. Bring to a boil, then reduce the heat and let simmer for 5 minutes.
- ☐ Add the tortellini and simmer until the tortellini are cooked, another 5 minutes. Season with salt and pepper, to taste. Ladle into serving bowls and serve with Herb Focaccia, if desired.

Nutrition Facts



Properties

Glycemic Index:192.5, Glycemic Load:77.93, Inflammation Score:-10, Nutrition Score:55.644347807635%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 22.4mg, Quercetin: 22.4mg, Quercetin: 22.4mg, Quercetin: 22.4mg

Nutrients (% of daily need)

Calories: 1636.47kcal (81.82%), Fat: 56.24g (86.53%), Saturated Fat: 14.63g (91.43%), Carbohydrates: 217.76g (72.59%), Net Carbohydrates: 182.03g (66.19%), Sugar: 21.44g (23.82%), Cholesterol: 118.62mg (39.54%), Sodium: 2318.83mg (100.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.76g (151.52%), Vitamin A: 12839.53IU (256.79%), Vitamin K: 166.85µg (158.91%), Fiber: 35.73g (142.93%), Manganese: 2.38mg (119.02%), Iron: 18.95mg (105.29%), Potassium: 2807.87mg (80.22%), Calcium: 757.86mg (75.79%), Vitamin C: 61.61mg (74.68%), Folate: 269.52µg (67.38%), Copper: 1.24mg (62.12%), Magnesium: 238.17mg (59.54%), Vitamin B1: 0.83mg (55.15%), Phosphorus: 537.32mg (53.73%), Vitamin B6: 1.02mg (50.99%), Vitamin E: 7.63mg (50.85%), Vitamin B3: 7.8mg (38.98%), Zinc: 5.04mg (33.61%), Vitamin B2: 0.49mg (28.76%), Selenium: 16.71µg (23.88%), Vitamin B5: 1.81mg (18.13%), Vitamin B12: 0.28µg (4.67%), Vitamin D: 0.2µg (1.34%)