Antipasto Salad with Tortellini

READY IN	SERVINGS	CALORIES
195 min.	15	180 kcal

SIDE DISH

Ingredients

- [ ] 2.3 oz olives black drained sliced canned
- [ ] 2 cups cherry tomatoes cut in half
- [ ] 0.3 cup heinz distilled vinegar white
- [ ] 1 large bell pepper green chopped
- [ ] 8 oz mozzarella cheese cubed kraft
- [ ] 0.5 cup olive oil
- [ ] 1 env. seasons dressing mix italian good
- [ ] 1 small onion red finely chopped
- [ ] 18 oz cheese tortellini refrigerated rinsed cooked

- [ ] 3 Tbsp water

Equipment

- [ ] bowl

Directions

- [ ] Prepare dressing mix with oil, vinegar and water as directed on package.
- [ ] Combine remaining ingredients in large bowl.
- [ ] Add dressing; mix lightly.
- [ ] Refrigerate several hours or until chilled.

Nutrition Facts

PROTEIN **19.72%** FAT **41.95%** CARBS **38.33%**

Properties

Glycemic Index:10.93, Glycemic Load:7.01, Inflammation Score:−3, Nutrition Score:4.08869561553%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 179.7kcal (8.99%), Fat: 8.41g (12.94%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 15.4g (5.6%), Sugar: 2.2g (2.45%), Cholesterol: 24.87mg (8.29%), Sodium: 316.85mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.79%), Vitamin C: 13.86mg (16.8%), Calcium: 132.03mg (13.2%), Fiber: 1.88g (7.53%), Iron: 1.15mg (6.4%), Phosphorus: 63.74mg (6.37%), Vitamin B12: 0.34µg (5.75%), Vitamin A: 256.67IU (5.13%), Selenium: 2.77µg (3.95%), Vitamin E: 0.55mg (3.68%), Zinc: 0.5mg (3.32%), Vitamin B2: 0.05mg (3.09%), Vitamin B6: 0.06mg (2.79%), Vitamin K: 2.67µg (2.54%), Manganese: 0.05mg (2.53%), Potassium: 86.53mg (2.47%), Magnesium: 7.18mg (1.79%), Copper: 0.03mg (1.62%), Folate: 6.26µg (1.56%), Vitamin B1: 0.02mg (1.48%)