



## Antipasto Tortellini and Tomato Salad

READY IN



20 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 oz cheese tortellini refrigerated
- 1 cup savory vegetable drained (from 12-oz jar)
- 15 oz kidney beans dark red rinsed drained canned
- 1 cup plum tomatoes coarsely chopped (Roma)
- 0.3 cup spring onion sliced
- 2 tablespoons parsley fresh chopped
- 0.5 cup balsamic vinaigrette

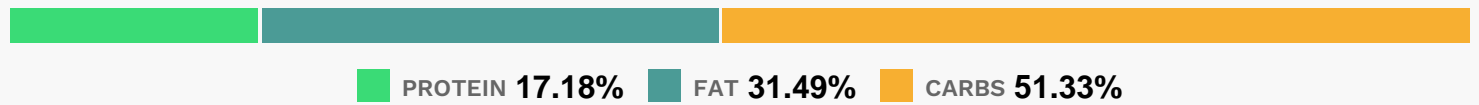
### Equipment

bowl

## Directions

- Cook and drain tortellini as directed on package. Rinse with cold water; drain.
- Cut up large pieces in Giardiniera vegetable mix. In large bowl, mix tortellini, vegetable mix and remaining ingredients except dressing.
- Add dressing; toss to coat.
- Serve immediately, or refrigerate up to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:38.05, Glycemic Load:13.6, Inflammation Score:-9, Nutrition Score:12.996521726899%

## Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

## Nutrients (% of daily need)

Calories: 322.7kcal (16.13%), Fat: 11.44g (17.59%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 33.23g (12.08%), Sugar: 3.22g (3.58%), Cholesterol: 16.16mg (5.39%), Sodium: 380.61mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.08%), Vitamin A: 2022.65IU (40.45%), Vitamin K: 39.56µg (37.68%), Fiber: 8.7g (34.8%), Folate: 111.54µg (27.89%), Manganese: 0.47mg (23.29%), Iron: 3.71mg (20.59%), Vitamin C: 11.96mg (14.5%), Potassium: 462.27mg (13.21%), Phosphorus: 130.32mg (13.03%), Copper: 0.23mg (11.42%), Magnesium: 45.01mg (11.25%), Vitamin B1: 0.17mg (11.23%), Calcium: 98.35mg (9.83%), Vitamin B6: 0.15mg (7.47%), Zinc: 0.99mg (6.62%), Vitamin B3: 1.06mg (5.31%), Vitamin B2: 0.08mg (4.65%), Vitamin B5: 0.25mg (2.49%), Vitamin E: 0.27mg (1.78%), Selenium: 1µg (1.43%)