



Bruschetta-Style Tortellini Salad

READY IN



20 min.

SERVINGS



10

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 canned tomatoes diced organic drained canned
- 0.3 cup basil fresh chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 clove garlic finely chopped
- 20 oz cheese tortellini refrigerated
- 5 oz mushrooms fresh sliced
- 1 cup mozzarella cheese cubed
- 0.5 cup onion red chopped
- 2.3 oz olives ripe drained sliced canned

0.5 package pepperoni sliced cut in half (3.5-oz size)

Equipment

bowl

Directions

In medium bowl, mix dressing ingredients.

Cook and drain tortellini as directed on package. Rinse with cold water to cool; drain. In large bowl, toss tortellini with dressing, mushrooms, cheese, onion, olives and pepperoni; stir in reserved tomato juice.

Cover and refrigerate 1 to 4 hours before serving.

Nutrition Facts



PROTEIN 18.1% **FAT 45.01%** **CARBS 36.89%**

Properties

Glycemic Index:30.2, Glycemic Load:11.65, Inflammation Score:-1, Nutrition Score:4.7047826362693%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 286.83kcal (14.34%), Fat: 14.43g (22.2%), Saturated Fat: 4.84g (30.22%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 23.92g (8.7%), Sugar: 2.43g (2.7%), Cholesterol: 37.23mg (12.41%), Sodium: 530.27mg (23.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.1%), Calcium: 145.84mg (14.58%), Fiber: 2.69g (10.75%), Iron: 1.77mg (9.81%), Selenium: 5.42µg (7.74%), Phosphorus: 66.81mg (6.68%), Vitamin B2: 0.11mg (6.53%), Vitamin B12: 0.35µg (5.88%), Vitamin E: 0.77mg (5.11%), Vitamin K: 5.05µg (4.81%), Vitamin B3: 0.92mg (4.62%), Zinc: 0.6mg (4.01%), Manganese: 0.08mg (3.84%), Copper: 0.07mg (3.47%), Vitamin B5: 0.33mg (3.3%), Vitamin B6: 0.06mg (3.14%), Vitamin B1: 0.04mg (2.72%), Vitamin A: 135.73IU (2.71%), Potassium: 94.51mg (2.7%), Magnesium: 7.04mg (1.76%), Vitamin C: 1.22mg (1.48%), Folate: 5.86µg (1.47%), Vitamin D: 0.16µg (1.1%)