



Caesar Tortellini

READY IN



10 min.

SERVINGS



4

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

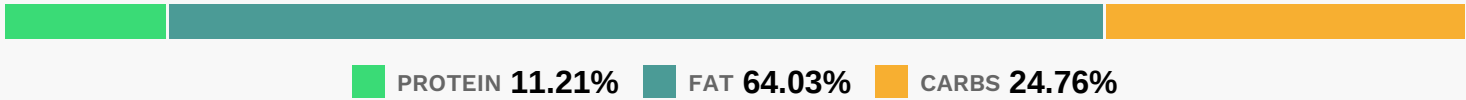
- ☐ 9 ounces cheese tortellini refrigerated
- ☐ 7.5 ounces caesar dressing
- ☐ 0.8 cup tomatoes chopped
- ☐ 0.3 cup bacon bits
- ☐ 0.3 teaspoon pepper freshly ground

Equipment

Directions

- ☐
- Cook and drain tortellini as directed on package. Rinse with cold water; drain.
- ☐
- Toss tortellini, salad mix ingredients, tomato, bacon bits and pepper.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:12.93, Inflammation Score:-3, Nutrition Score:8.0291305119577%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 562.21kcal (28.11%), Fat: 40.04g (61.59%), Saturated Fat: 7.07g (44.18%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 30.27g (11.01%), Sugar: 4.02g (4.46%), Cholesterol: 44.97mg (14.99%), Sodium: 1183.16mg (51.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.55%), Vitamin K: 58.22µg (55.45%), Vitamin E: 3.69mg (24.61%), Fiber: 4.56g (18.26%), Calcium: 134.05mg (13.41%), Iron: 2.39mg (13.3%), Vitamin B1: 0.1mg (6.97%), Folate: 24.05µg (6.01%), Vitamin C: 4.27mg (5.17%), Copper: 0.1mg (5.16%), Vitamin A: 251.48IU (5.03%), Phosphorus: 49.09mg (4.91%), Magnesium: 18.4mg (4.6%), Manganese: 0.07mg (3.4%), Vitamin B12: 0.19µg (3.22%), Potassium: 104.73mg (2.99%), Selenium: 1.95µg (2.79%), Zinc: 0.38mg (2.56%), Vitamin B6: 0.05mg (2.39%), Vitamin B3: 0.43mg (2.13%), Vitamin B2: 0.02mg (1.25%)