



Cheese-Filled Tortellini Salad

READY IN



135 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounces cheese tortellini dried refrigerated
- ☐ 9 ounces spinach tortellini dried refrigerated
- ☐ 1 cup carrots sliced
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon parmesan shredded freshly grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 2 tablespoons capers

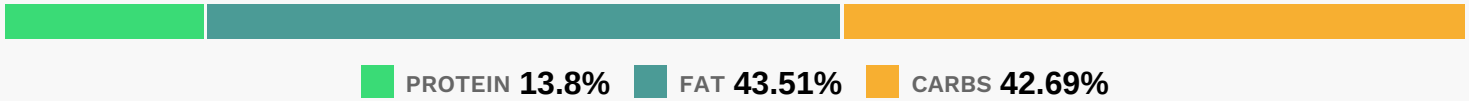
Equipment

- ☐ bowl

Directions

- ☐ Cook and drain plain and spinach tortellini as directed on packages. Rinse with cold water; drain.
- ☐ Shake all Basil-Caper Dressing ingredients in tightly covered container. In large glass or plastic bowl, place tortellini and all remaining Tortellini Salad ingredients.
- ☐ Add dressing; toss until evenly coated. Cover and refrigerate at least 2 hours to blend flavors but no longer than 24 hours. Toss before serving.

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:9.14, Inflammation Score:-9, Nutrition Score:9.5465216201771%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 384.49kcal (19.22%), Fat: 18.79g (28.9%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 41.48g (13.83%), Net Carbohydrates: 37.4g (13.6%), Sugar: 3.61g (4.01%), Cholesterol: 36.71mg (12.24%), Sodium: 504.57mg (21.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.81%), Vitamin A: 3760.03IU (75.2%), Vitamin K: 40.54µg (38.61%), Calcium: 191.48mg (19.15%), Iron: 3.24mg (18.01%), Fiber: 4.08g (16.32%), Vitamin E: 2.06mg (13.74%), Manganese: 0.18mg (9.01%), Vitamin C: 3.82mg (4.62%), Magnesium: 14.48mg (3.62%), Potassium: 118.48mg (3.39%), Folate: 11.6µg (2.9%), Vitamin B6: 0.05mg (2.67%), Copper: 0.05mg (2.67%), Vitamin B2: 0.04mg

(2.22%), Phosphorus: 18.75mg (1.87%), Vitamin B3: 0.32mg (1.58%), Zinc: 0.19mg (1.29%), Vitamin B1: 0.02mg (1.23%)