



Cheese Tortellini Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 18 ounce cheese-filled tortellini refrigerated rinsed cooked drained
- ☐ 2 tablespoons tomatoes dried chopped
- ☐ 1.5 tablespoons rosemary fresh chopped
- ☐ 1 pint grape tomatoes cut in half
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons onion red minced
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon sugar

Equipment

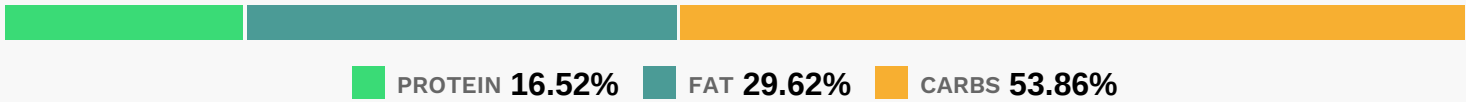
☐ food processor

☐ bowl

Directions

- ☐ Process first 6 ingredients in a food processor; stop to scrape down sides. With processor running, pour oil in a slow, steady stream through food chute.
- ☐ Toss together tortellini, tomato halves, onion, and dressing in a large bowl. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:20.28, Inflammation Score:-5, Nutrition Score:5.7991304112517%

Flavonoids

Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 334.73kcal (16.74%), Fat: 11.08g (17.05%), Saturated Fat: 2.92g (18.28%), Carbohydrates: 45.33g (15.11%), Net Carbohydrates: 40.77g (14.83%), Sugar: 8.88g (9.87%), Cholesterol: 32.32mg (10.77%), Sodium: 474.61mg (20.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.81%), Fiber: 4.56g (18.24%), Iron: 2.68mg (14.91%), Vitamin C: 11.94mg (14.47%), Vitamin A: 686.67IU (13.73%), Calcium: 136.15mg (13.62%), Vitamin K: 9.27µg (8.83%), Manganese: 0.16mg (7.84%), Potassium: 267.81mg (7.65%), Vitamin E: 0.95mg (6.31%), Copper: 0.08mg (3.89%), Vitamin B6: 0.08mg (3.83%), Folate: 14.47µg (3.62%), Magnesium: 14.28mg (3.57%), Vitamin B3: 0.63mg (3.15%), Phosphorus: 28.79mg (2.88%), Vitamin B1: 0.04mg (2.7%), Vitamin B2: 0.03mg (1.52%), Zinc: 0.19mg (1.27%), Vitamin B5: 0.12mg (1.16%)