



Chicken-and-Tortellini Salad

READY IN



30 min.

SERVINGS



20

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 oz cheese tortellini refrigerated
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic clove
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup peas sweet frozen thawed

- ☐ 20 servings salt and pepper to taste
- ☐ 1 teaspoon worcestershire sauce

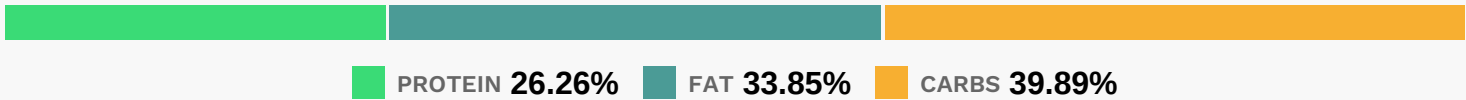
Equipment

- ☐ blender

Directions

- ☐ Prepare tortellini according to package directions.
- ☐ Process olive oil and next 4 ingredients in a blender until smooth. Toss olive oil mixture with tortellini, chicken, and next 3 ingredients.
- ☐ Add salt and pepper to taste.
- ☐ Pair with: La Torrazza Erbaluce di Caluso, Italy, or Chablis, or an unoaked Chardonnay.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:5.41, Inflammation Score:-2, Nutrition Score:4.6521739318319%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 131.36kcal (6.57%), Fat: 4.93g (7.59%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 11.56g (4.2%), Sugar: 1.31g (1.45%), Cholesterol: 22.37mg (7.46%), Sodium: 364.38mg (15.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.21%), Vitamin K: 32.27µg (30.74%), Vitamin C: 6.68mg (8.09%), Calcium: 66.74mg (6.67%), Vitamin B3: 1.3mg (6.48%), Selenium: 4.51µg (6.45%), Iron: 1.1mg (6.11%), Fiber: 1.51g (6.05%), Phosphorus: 53.24mg (5.32%), Vitamin A: 234.56IU (4.69%), Vitamin B6: 0.08mg (3.98%), Zinc: 0.44mg (2.95%), Vitamin B2: 0.04mg (2.55%), Folate: 10.09µg (2.52%), Manganese: 0.05mg (2.33%), Vitamin B1: 0.03mg (2.19%), Potassium: 76.36mg (2.18%), Magnesium: 7.76mg (1.94%), Vitamin B5: 0.17mg (1.65%), Copper:

0.03mg (1.41%), Vitamin E: 0.21mg (1.38%), Vitamin B12: 0.07µg (1.24%)