



WHATSheATE



Easy Tortellini Vegetable Salad

READY IN



25 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz cheese tortellini refrigerated
- ☐ 9 oz spinach tortellini refrigerated
- ☐ 24 oz broccoli frozen
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 medium bell pepper red chopped
- ☐ 1 serrano chiles seeded chopped
- ☐ 12 oz marinated artichoke drained chopped
- ☐ 1 tablespoon juice of lemon

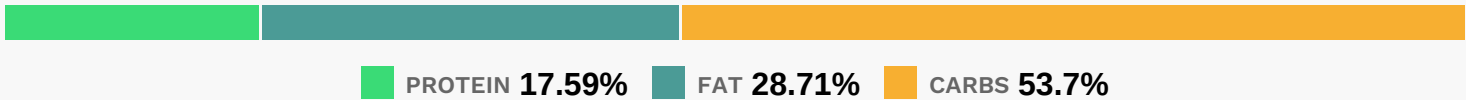
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, cook tortellini as directed on packages; drain. Rinse with cold water to cool.
- ☐ Cook frozen vegetables as directed on bag; cool.
- ☐ In large bowl, mix onion, parsley, bell pepper, chile and artichokes.
- ☐ Add tortellini and vegetables; stir until well blended.
- ☐ Add lemon juice and reserved 1/4 cup artichoke marinade; toss to mix.
- ☐ Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:7.72, Inflammation Score:-9, Nutrition Score:16.470434758974%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 278.39kcal (13.92%), Fat: 9.03g (13.89%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 32.35g (11.76%), Sugar: 4.59g (5.1%), Cholesterol: 27.11mg (9.04%), Sodium: 492.35mg (21.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.89%), Vitamin C: 107.76mg (130.62%), Vitamin K: 118.34µg (112.7%), Vitamin A: 1676.28IU (33.53%), Fiber: 5.66g (22.64%), Folate: 64.77µg (16.19%), Calcium: 158.76mg

(15.88%), Iron: 2.48mg (13.77%), Manganese: 0.21mg (10.32%), Vitamin B6: 0.2mg (10.22%), Potassium: 322.05mg (9.2%), Vitamin B2: 0.12mg (6.84%), Phosphorus: 62.99mg (6.3%), Vitamin E: 0.92mg (6.14%), Vitamin B5: 0.55mg (5.52%), Magnesium: 21.36mg (5.34%), Vitamin B1: 0.07mg (4.88%), Vitamin B3: 0.73mg (3.66%), Selenium: 2.17µg (3.1%), Zinc: 0.42mg (2.78%), Copper: 0.05mg (2.51%)