



Fresh Vegetable and Tortelloni Pasta Salad

 Very Healthy

READY IN



13 min.

SERVINGS



3

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups asparagus sliced (1-inch) ()
- ☐ 6 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 9 ounce rainbow five-cheese tortelloni fresh (such as Monterey Pasta Company)
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons parmesan cheese fresh shaved

- ☐ 3 tablespoons pinenuts toasted
- ☐ 0.3 teaspoon salt

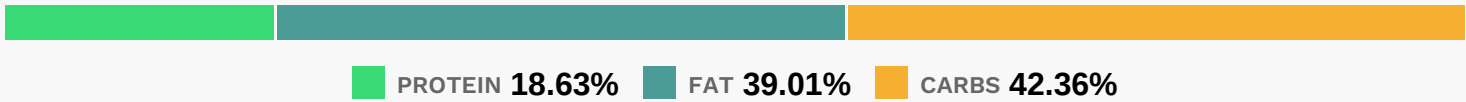
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare tortelloni according to package directions, omitting salt and fat.
- ☐ Add asparagus during last 3 minutes of cooking.
- ☐ Drain pasta and asparagus; rinse with cold water.
- ☐ While pasta cooks, heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add spinach, salt, and pepper; cook 2 minutes or until spinach wilts.
- ☐ Combine pasta mixture and spinach mixture in a large bowl.
- ☐ Add lemon juice; toss gently to coat. Top servings evenly with cheese and nuts.

Nutrition Facts



Properties

Glycemic Index:67.67, Glycemic Load:17.86, Inflammation Score:-10, Nutrition Score:26.32260890305%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 5.09mg, Isorhamnetin: 5.09mg, Isorhamnetin: 5.09mg, Isorhamnetin: 5.09mg Kaempferol: 4.86mg, Kaempferol: 4.86mg, Kaempferol: 4.86mg, Kaempferol: 4.86mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg

Nutrients (% of daily need)

Calories: 410.01kcal (20.5%), Fat: 18.38g (28.28%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 38.09g (13.85%), Sugar: 4.8g (5.34%), Cholesterol: 35.72mg (11.91%), Sodium: 690.24mg (30.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.49%), Vitamin K: 318.41µg (303.24%), Vitamin A: 6035.27IU (120.71%), Manganese: 1.59mg (79.33%), Folate: 160.95µg (40.24%), Iron: 6.28mg (34.89%), Vitamin C: 22.93mg (27.79%), Fiber: 6.82g (27.28%), Calcium: 263.42mg (26.34%), Vitamin E: 3.5mg (23.31%), Magnesium: 85.59mg (21.4%), Copper: 0.38mg (19.25%), Phosphorus: 170.03mg (17%), Potassium: 574.87mg (16.42%), Vitamin B2: 0.28mg (16.2%), Vitamin B1: 0.22mg (14.35%), Vitamin B6: 0.23mg (11.63%), Zinc: 1.59mg (10.62%), Vitamin B3: 1.76mg (8.78%), Selenium: 4.11µg (5.88%), Vitamin B5: 0.35mg (3.54%)