



Greek Tortellini Salad

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound baby spinach leaves rinsed
- ☐ 20 oz cheese-filled tortellini fresh
- ☐ 6 oz feta cheese crumbled
- ☐ 6 large hard-cooked eggs peeled quartered
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup slivered onion red
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parsley chopped

- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt

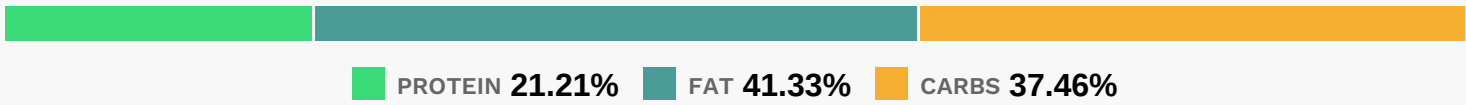
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 2 quarts water to a boil.
- ☐ Add tortellini and cook, stirring occasionally, until tender to bite, 3 to 5 minutes.
- ☐ Drain.
- ☐ Meanwhile, in a large bowl, combine olive oil, lemon juice, red wine vinegar, parsley, oregano, and salt.
- ☐ Add cooked tortellini and mix to coat. Cover and chill at least 2 hours or up to 1 day.
- ☐ Add spinach, feta cheese, and onion to tortellini and mix gently. Mound salad on a platter and arrange egg quarters around the edge.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:14.73, Inflammation Score:-10, Nutrition Score:22.96739132508%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 379.92kcal (19%), Fat: 17.54g (26.99%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 35.78g (11.93%),
Net Carbohydrates: 31.51g (11.46%), Sugar: 3.28g (3.64%), Cholesterol: 185.73mg (61.91%), Sodium: 788.37mg
(34.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.5%), Vitamin K: 293.97µg (279.97%),
Vitamin A: 5690.55IU (113.81%), Folate: 138.84µg (34.71%), Calcium: 288.69mg (28.87%), Vitamin B2: 0.49mg
(28.54%), Manganese: 0.56mg (27.8%), Vitamin C: 21mg (25.45%), Iron: 4.16mg (23.11%), Selenium: 15.38µg (21.97%),
Fiber: 4.27g (17.09%), Phosphorus: 168.99mg (16.9%), Magnesium: 55.52mg (13.88%), Vitamin E: 2.03mg (13.54%),
Vitamin B6: 0.27mg (13.26%), Vitamin B12: 0.78µg (12.93%), Potassium: 410.93mg (11.74%), Zinc: 1.35mg (8.98%),
Vitamin B5: 0.8mg (7.95%), Vitamin B1: 0.11mg (7.3%), Vitamin D: 0.91µg (6.07%), Copper: 0.09mg (4.72%), Vitamin
B3: 0.69mg (3.44%)