



Grilled Chicken-and-Veggie Tortellini

READY IN



32 min.

SERVINGS



4

CALORIES



888 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 19 oz cheese-filled tortellini frozen
- 13 oz skinned and boned chicken breasts
- 4 servings garnish: parmesan cheese grated
- 7 oz pesto refrigerated reduced-fat
- 1 tablespoon herb seasoning italian freshly ground
- 2 large tomatoes seeded chopped
- 4 small zucchini cut in half lengthwise (1 1/4 lb.)

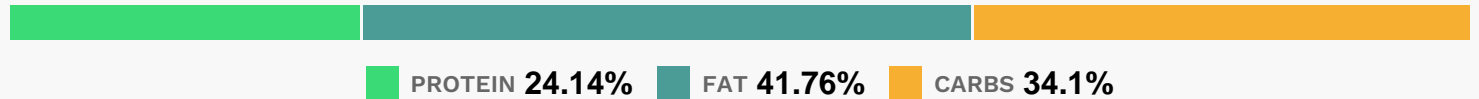
Equipment

grill

Directions

- Preheat grill to 300 to 350 (medium) heat.
- Sprinkle zucchini and chicken with seasoning.
- Grill zucchini and chicken at the same time, covered with grill lid. Grill zucchini 6 to 8 minutes on each side or until tender. Grill chicken 5 to 6 minutes on each side or until done.
- Remove from grill; let stand 10 minutes.
- Meanwhile, prepare tortellini according to package directions.
- Coarsely chop chicken and zucchini. Toss tortellini with pesto, tomatoes, chicken, and zucchini.
- Serve immediately.
- Garnish, if desired.
- Note: We tested with McCormick Italian Herb Seasoning Grinder.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:28.02, Inflammation Score:-9, Nutrition Score:28.339130458624%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 888.36kcal (44.42%), Fat: 41.31g (63.55%), Saturated Fat: 12.3g (76.87%), Carbohydrates: 75.89g (25.3%), Net Carbohydrates: 66.14g (24.05%), Sugar: 10.87g (12.08%), Cholesterol: 140.21mg (46.74%), Sodium: 1695.09mg (73.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.72g (107.43%), Calcium: 627.24mg (62.72%), Selenium: 40.39µg (57.69%), Vitamin B3: 10.88mg (54.39%), Vitamin B6: 1.02mg (50.91%), Vitamin A: 2344.22IU (46.88%), Phosphorus: 455.84mg (45.58%), Vitamin C: 34.78mg (42.16%), Fiber: 9.75g (39.02%), Iron: 6.24mg (34.67%), Vitamin K: 35.94µg (34.23%), Potassium: 966.33mg (27.61%), Manganese: 0.54mg (26.82%), Vitamin B2: 0.34mg (20.2%), Magnesium: 75.69mg (18.92%), Vitamin B5: 1.77mg (17.66%), Zinc: 2.47mg (16.43%), Folate:

56.22µg (14.05%), Vitamin E: 1.64mg (10.91%), Vitamin B1: 0.16mg (10.69%), Vitamin B12: 0.59µg (9.82%), Copper:
0.18mg (8.83%), Vitamin D: 0.24µg (1.61%)