



Italian Salad

READY IN



135 min.

SERVINGS



15

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 9 oz three cheese tortellini refrigerated rinsed cooked drained
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 0.3 cup heinz distilled vinegar white
- ☐ 2 green onions diagonally sliced
- ☐ 0.5 cup pasilla peppers green chopped
- ☐ 0.3 cup oil
- ☐ 1 pkg seasons dressing mix italian good
- ☐ 0.5 cup pasilla peppers red chopped
- ☐ 0.3 cup water

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1 small zucchini sliced

Equipment

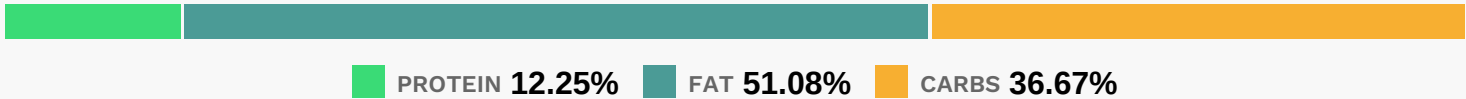
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bowl

Directions

- ☐ Place dressing mix, water and vinegar in cruet or other container with tight-fitting lid.
- ☐ Add oil; cover. Shake until well blended.
- ☐ Combine remaining ingredients in large bowl.
- ☐ Add 1/2 cup of the dressing; toss lightly. Cover.
- ☐ Refrigerate at least 2 hours. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:3.49, Inflammation Score:-2, Nutrition Score:2.4039130411718%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 91.86kcal (4.59%), Fat: 5.25g (8.08%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 7.49g (2.72%), Sugar: 1.17g (1.3%), Cholesterol: 6.46mg (2.15%), Sodium: 76.55mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin C: 13.19mg (15.99%), Vitamin K: 7.1µg (6.76%), Vitamin E: 0.8mg (5.32%), Vitamin A: 229.88IU (4.6%), Fiber: 0.99g (3.96%), Iron: 0.56mg (3.11%), Calcium: 28.25mg (2.83%), Vitamin B6: 0.04mg (2.17%), Manganese: 0.04mg (1.78%), Folate: 6.34µg (1.58%), Potassium: 55.09mg (1.57%)