



Italian Tortellini Kabobs

READY IN



30 min.

SERVINGS



12

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 spinach tortellini dried refrigerated uncooked
- ☐ 0.3 cup roasted peppers red drained (from 7-ounce jar)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 tablespoons salad dressing italian
- ☐ 4 ounce genoa salami cut into twelve 1-inch wedges
- ☐ 2 ounce mozzarella cheese cut into twelve 3/4-inch cubes
- ☐ 12 pieces marinated artichoke drained (from two 6- to 7-ounce jars)
- ☐ 12 cherry tomatoes

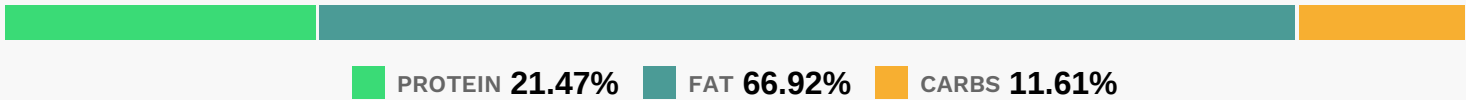
Equipment

- ☐ bowl
- ☐ blender
- ☐ skewers

Directions

- ☐ Cook and drain tortellini as directed on package; cool.
- ☐ Place bell peppers in blender. Cover and blend until smooth.
- ☐ Add Parmesan cheese and Italian dressing. Cover and blend until smooth.
- ☐ Pour mixture into large plastic or glass bowl. Stir in tortellini, salami, mozzarella cheese, artichoke hearts and tomatoes.
- ☐ Thread tortellini, mozzarella cheese, salami, artichoke hearts and tomatoes alternately on each of twelve 4- to 6-inch skewers.
- ☐ Serve immediately, or cover and refrigerate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:3.0569564965756%

Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 77.51kcal (3.88%), Fat: 5.75g (8.84%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.89g (0.99%), Cholesterol: 13.48mg (4.49%), Sodium: 365.09mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin B12: 0.4µg (6.67%), Vitamin C: 5.46mg (6.61%), Vitamin B1: 0.1mg (6.49%), Selenium: 4.1µg (5.85%), Phosphorus: 57.44mg (5.74%), Calcium: 49.11mg (4.91%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.08mg (3.81%), Vitamin B2: 0.06mg (3.32%), Vitamin A: 162.35IU (3.25%), Vitamin B3: 0.65mg (3.23%), Potassium: 87.4mg (2.5%), Vitamin K: 2.58µg (2.46%), Iron: 0.33mg (1.81%), Copper: 0.03mg (1.68%), Manganese: 0.03mg (1.67%), Magnesium: 5.78mg (1.44%), Vitamin B5: 0.14mg (1.37%), Vitamin E: 0.19mg (1.28%)