



WHATSheATE



Italian Tortellini Salad

READY IN



25 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounces cheese tortellini refrigerated
- ☐ 0.8 cup tomatoes (from 28-ounce jar)
- ☐ 0.3 cup salad dressing italian
- ☐ 1 cup broccoli florets
- ☐ 0.5 cup carrots (from 10-ounce bag)
- ☐ 1 cup bell pepper green red chopped
- ☐ 3.5 ounces pepperoni sliced cut in half

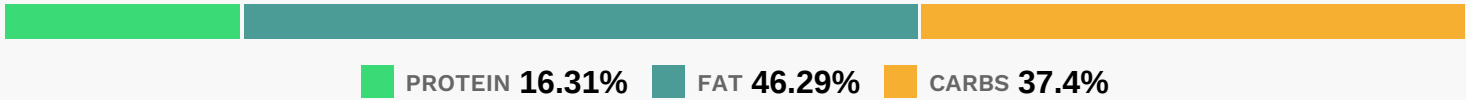
Equipment

bowl

Directions

- Cook and drain tortellini as directed on package. Rinse with cold water; drain.
- Mix marinara sauce and dressing in large bowl.
- Add tortellini and remaining ingredients; toss to mix.

Nutrition Facts



Properties

Glycemic Index:52.96, Glycemic Load:14.41, Inflammation Score:-9, Nutrition Score:15.319565213245%

Flavonoids

Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 391.42kcal (19.57%), Fat: 20.33g (31.28%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 32.18g (11.7%), Sugar: 7.05g (7.83%), Cholesterol: 48.3mg (16.1%), Sodium: 1052.02mg (45.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.23%), Vitamin C: 54.46mg (66.01%), Vitamin A: 3156.71IU (63.13%), Vitamin K: 39.02µg (37.17%), Fiber: 4.79g (19.14%), Manganese: 0.32mg (15.87%), Iron: 2.78mg (15.42%), Vitamin B6: 0.29mg (14.48%), Calcium: 123.01mg (12.3%), Selenium: 8.35µg (11.93%), Potassium: 405.02mg (11.57%), Vitamin E: 1.66mg (11.06%), Vitamin B3: 2.19mg (10.97%), Vitamin B1: 0.13mg (8.61%), Vitamin B2: 0.14mg (8.23%), Phosphorus: 81.86mg (8.19%), Folate: 26.47µg (6.62%), Vitamin B5: 0.65mg (6.46%), Copper: 0.12mg (6.06%), Zinc: 0.9mg (5.98%), Magnesium: 22.51mg (5.63%), Vitamin B12: 0.32µg (5.37%), Vitamin D: 0.32µg (2.15%)