



Italian Tortellini-Vegetable Salad

READY IN



25 min.

SERVINGS



8

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz cheese tortellini refrigerated
- 9 oz spinach tortellini refrigerated
- 2 cups cauliflower florets fresh
- 2 cups broccoli florets fresh
- 1 cup julienne-cut oil-packed sun-dried tomatoes drained (from 6.5-oz jar)
- 0.3 cup onion red chopped
- 0.3 cup parsley fresh chopped
- 1 medium bell pepper yellow chopped
- 12 oz marinated artichoke drained coarsely chopped

8 oz salad dressing italian

Equipment

bowl

sauce pan

Directions

In large saucepan, cook and drain tortellini as directed on package, adding cauliflower and broccoli during last minute of cooking time. Rinse with cold water to cool; drain well.

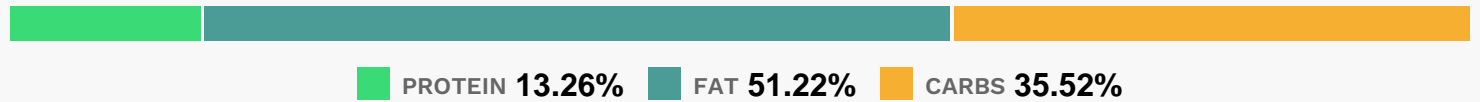
Meanwhile, in large bowl, mix tomatoes, onion, parsley, bell pepper and artichokes.

Add tortellini, cauliflower and broccoli to salad; stir gently.

Add dressing and reserved 1/4 cup artichoke liquid; toss to mix.

Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:6.97, Inflammation Score:-8, Nutrition Score:21.505652261817%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 519.17kcal (25.96%), Fat: 30.33g (46.67%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 42.99g (15.63%), Sugar: 6.37g (7.07%), Cholesterol: 27.11mg (9.04%), Sodium: 761.39mg (33.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Vitamin C: 72.42mg (87.79%), Vitamin K: 73.73µg (70.21%), Manganese: 0.8mg (40.23%), Magnesium: 133.09mg (33.27%), Copper: 0.63mg (31.6%), Folate: 113.28µg (28.32%), Phosphorus: 275.58mg (27.56%), Vitamin B5: 2.61mg (26.11%), Iron: 3.73mg (20.7%), Vitamin B6: 0.4mg (19.83%), Calcium: 178.72mg (17.87%), Vitamin A: 872.14IU (17.44%), Fiber: 4.33g (17.31%), Zinc: 1.96mg (13.05%), Vitamin B3: 2.19mg (10.97%), Vitamin B1: 0.14mg (9.33%), Vitamin B2: 0.15mg (8.59%), Potassium:

243.08mg (6.95%), Vitamin E: 0.83mg (5.56%), Selenium: 1.36µg (1.94%)