



## Layered Tortellini Pesto Chicken Salad

READY IN



160 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9 oz cheese tortellini refrigerated
- 1 cup peas sweet frozen (from 1-lb bag)
- 5 cups the of 1 cos lettuce
- 1.5 cups carrots (matchstick-cut)
- 2 cups chicken tenderloins chopped
- 1 medium bell pepper red cut into strips
- 0.5 cup salad dressing reduced-fat
- 0.5 cup basil pesto
- 0.3 cup buttermilk

2 tablespoons basil fresh chopped

## Equipment

bowl

paper towels

## Directions

Cook tortellini as directed on package, adding peas during last 4 minutes of cook time.

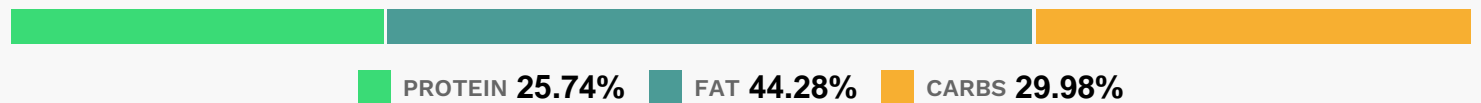
Drain; rinse immediately with cold water. Pat with paper towels to remove moisture.

In 3- or 4-quart clear bowl, layer the lettuce, the carrots, chicken, peas, the tortellini, and bell pepper.

In small bowl, mix mayonnaise, pesto and buttermilk.

Spread over peppers; sprinkle with parsley. Cover and refrigerate at least 2 hours until chilled or overnight. Stir just before serving.

## Nutrition Facts



## Properties

Glycemic Index:34.27, Glycemic Load:8.08, Inflammation Score:-10, Nutrition Score:18.942173688308%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 314.85kcal (15.74%), Fat: 15.43g (23.73%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 23.51g (7.84%), Net Carbohydrates: 19.39g (7.05%), Sugar: 5.53g (6.14%), Cholesterol: 57.29mg (19.1%), Sodium: 475.21mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.35%), Vitamin A: 7569.12IU (151.38%), Vitamin K: 63.98µg (60.94%), Vitamin C: 29.73mg (36.03%), Vitamin B3: 7.03mg (35.16%), Vitamin B6: 0.58mg (28.76%), Selenium: 19.69µg (28.13%), Phosphorus: 180.22mg (18.02%), Folate: 66.21µg (16.55%), Fiber: 4.12g (16.47%), Potassium: 463.21mg (13.23%), Calcium: 106.64mg (10.66%), Vitamin B5: 1.05mg (10.46%), Iron: 1.86mg (10.32%), Manganese: 0.19mg (9.29%), Vitamin B1: 0.13mg (8.99%), Vitamin B2: 0.14mg (8.39%), Magnesium: 31.21mg (7.8%), Zinc: 0.76mg (5.08%), Copper: 0.08mg (3.95%), Vitamin E: 0.58mg (3.85%), Vitamin B12: 0.15µg

(2.55%), Vitamin D: 0.16µg (1.04%)