



Layered Tortellini Pesto Chicken Salad

READY IN



160 min.

SERVINGS



8

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil pesto
- ☐ 0.3 cup buttermilk
- ☐ 1.5 cups carrots (matchstick-cut)
- ☐ 9 oz cheese tortellini refrigerated
- ☐ 2 cups grilled chicken chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 cup salad dressing reduced-fat
- ☐ 1 cup peas sweet frozen (from 1-lb bag)
- ☐ 1 medium bell pepper red cut into strips

☐ 5 cups the of 1 cos lettuce

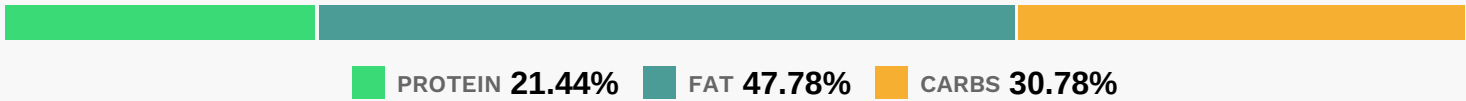
Equipment

- ☐ 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:16.117826000504%

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: 305.87kcal (15.29%), Fat: 16.22g (24.95%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 23.51g (7.84%), Net Carbohydrates: 19.39g (7.05%), Sugar: 5.53g (6.14%), Cholesterol: 45.68mg (15.23%), Sodium: 432.85mg (18.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.75%), Vitamin A: 7565.73IU (151.31%), Vitamin K: 63.86µg (60.82%), Vitamin C: 29.02mg (35.17%), Vitamin B3: 3.62mg (18.11%), Fiber: 4.12g (16.47%), Folate: 65.6µg (16.4%), Vitamin B6: 0.28mg (13.79%), Selenium: 9.37µg (13.39%), Phosphorus: 123.21mg (12.32%), Iron: 2.06mg (11.46%), Calcium: 107.88mg (10.79%), Potassium: 324.52mg (9.27%), Manganese: 0.18mg (9.14%), Vitamin B2: 0.13mg (7.94%), Vitamin B1: 0.12mg (7.91%), Zinc: 0.95mg (6.34%), Magnesium: 23.18mg (5.79%), Vitamin B5: 0.54mg (5.43%), Copper: 0.08mg (4.15%), Vitamin E: 0.46mg (3.1%), Vitamin B12: 0.14µg (2.27%)