



Marinated Garden Tortellini Salad

READY IN



200 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups broccoli florets frozen 100%
- ☐ 9 oz cheese tortellini refrigerated
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.5 medium cucumber quartered cut into 1/4- inch slices
- ☐ 0.3 cup spring onion sliced
- ☐ 0.5 cup salad dressing italian
- ☐ 1 tablespoon penzey's southwest seasoning

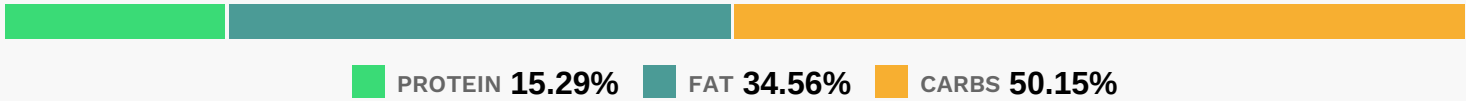
Equipment

☐ bowl

Directions

- ☐ Cook tortellini to desired doneness as directed on package, adding broccoli during last minute of cooking time.
- ☐ Drain; rinse with cold water to cool.
- ☐ Drain well.
- ☐ Meanwhile, in large bowl, combine all remaining ingredients.
- ☐ Add cooked tortellini and broccoli to salad; toss gently to coat. Cover; refrigerate at least 3 hours to blend flavors. Stir gently before serving.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:13.42, Inflammation Score:-6, Nutrition Score:14.702173989752%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 305.86kcal (15.29%), Fat: 12.04g (18.52%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 33.52g (12.19%), Sugar: 7.3g (8.11%), Cholesterol: 24.24mg (8.08%), Sodium: 590.07mg (25.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.97%), Vitamin K: 101.63µg (96.79%), Vitamin C: 51.26mg (62.13%), Fiber: 5.78g (23.11%), Iron: 3.8mg (21.09%), Calcium: 186.61mg (18.66%), Manganese: 0.36mg (17.83%), Vitamin E: 1.92mg (12.82%), Folate: 49.79µg (12.45%), Vitamin A: 619.48IU (12.39%), Potassium: 347.66mg (9.93%), Vitamin B6: 0.18mg (9.15%), Magnesium: 28.62mg (7.16%), Phosphorus: 57.93mg (5.79%), Vitamin B2: 0.09mg (5.43%), Copper: 0.1mg (5.11%), Vitamin B1: 0.07mg (4.62%), Vitamin B5: 0.41mg (4.08%), Vitamin B3: 0.74mg (3.71%), Selenium: 2.14µg (3.06%), Zinc: 0.43mg (2.84%)