



Marinated Tortellini

READY IN



19 min.

SERVINGS



21

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup balsamic vinaigrette light (such as Newman's Own)
- ☐ 1 tablespoon brown sugar
- ☐ 9 ounce three-cheese tortellini fresh
- ☐ 0.3 cup basil fresh chopped
- ☐ 9 ounce mozzarella-garlic tortelloni fresh
- ☐ 1 large garlic clove minced
- ☐ 1.5 cups grape tomatoes
- ☐ 0.3 cup water

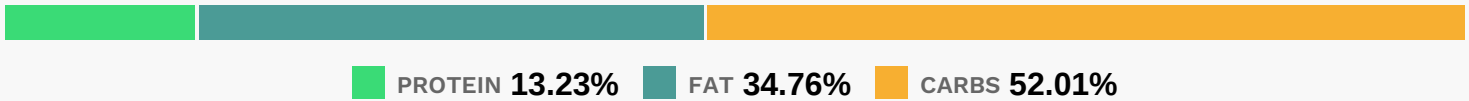
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine pasta, tomatoes, and basil in a large bowl.
- ☐ Combine vinaigrette and next 3 ingredients in a small bowl; stir well with a whisk.
- ☐ Pour marinade over pasta; toss gently. Cover and marinate in refrigerator at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:3.66, Inflammation Score:-2, Nutrition Score:2.5230434938617%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 80.88kcal (4.04%), Fat: 3.18g (4.89%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.85g (3.58%), Sugar: 1.49g (1.65%), Cholesterol: 4.62mg (1.54%), Sodium: 106.29mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Manganese: 0.22mg (11.12%), Vitamin B6: 0.16mg (8.09%), Vitamin C: 5.36mg (6.5%), Calcium: 42.33mg (4.23%), Fiber: 0.85g (3.41%), Iron: 0.56mg (3.13%), Selenium: 1.75µg (2.51%), Vitamin K: 2.63µg (2.51%), Copper: 0.05mg (2.27%), Vitamin A: 109.86IU (2.2%), Potassium: 76.4mg (2.18%), Phosphorus: 21.6mg (2.16%), Vitamin B1: 0.03mg (1.91%), Magnesium: 4.58mg (1.14%), Zinc: 0.16mg (1.1%)