



## Muffuletta Tortellini Salad

READY IN



35 min.

SERVINGS



6

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 servings pepper black freshly ground
- 0.3 cup parsley fresh chopped
- 1 pint grape tomatoes quartered
- 6 servings kosher salt
- 6 ounce marinated artichoke hearts drained chopped
- 0.3 cup olive oil extra-virgin
- 0.5 cup pimento-stuffed olives green chopped
- 1.5 tablespoons red wine vinegar
- 8 ounces cheese tortellini refrigerated

- 1 cup giardiniera vegetables drained chopped
- 8 ounces mozzarella-and-pepperoni rolls fresh or any other variation of a mozzarella roll)

## Equipment

- bowl
- pot

## Directions

- Bring a large pot of salted water to a boil.
- Add the tortellini and cook according to package directions.
- Drain and transfer to a large bowl.
- Add the tomatoes, giardiniera vegetables, artichokes, olives, olive oil and vinegar to the bowl with the tortellini.
- Thinly slice the mozzarella roll. Set half aside for garnishing the pasta. Quarter the remaining half and toss with the tortellini and vegetables.
- Season the pasta with additional salt and pepper. Toss with the parsley, reserving about a teaspoon for garnish.
- Transfer to a flat plate and surround the pasta salad with the reserved cheese slices and top with the parsley garnish.
- Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:45, Glycemic Load:21.84, Inflammation Score:-9, Nutrition Score:12.033478414235%

## Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 372.32kcal (18.62%), Fat: 18g (27.69%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 37.74g (13.72%), Sugar: 5.8g (6.45%), Cholesterol: 14.36mg (4.79%), Sodium: 816.9mg (35.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Vitamin A: 2736.11IU (54.72%), Vitamin K: 52.97µg (50.45%), Iron: 7.63mg (42.38%), Vitamin C: 23.26mg (28.19%), Fiber: 5.21g (20.84%), Vitamin E: 2.17mg (14.47%), Manganese: 0.18mg (9.14%), Calcium: 88.21mg (8.82%), Potassium: 272.71mg (7.79%), Folate: 24.78µg (6.2%), Vitamin B6: 0.1mg (4.91%), Vitamin B1: 0.07mg (4.72%), Copper: 0.09mg (4.69%), Magnesium: 18.77mg (4.69%), Vitamin B3: 0.91mg (4.54%), Phosphorus: 39.18mg (3.92%), Vitamin B2: 0.04mg (2.6%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.13mg (1.34%)