



Pesto Tortellini and Zucchini Salad

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons bottled garlic minced
- 18 ounce three-cheese tortellini fresh
- 2 tablespoons parmesan cheese shredded
- 3 tablespoons pesto prepared
- 2 cups plum tomatoes chopped (4 tomatoes)
- 0.5 teaspoon salt
- 4 cups zucchini halved thinly sliced (2 zucchini)

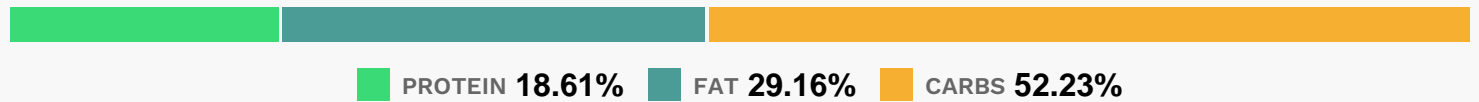
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat; drain. Reserve 1/4 cup cooking liquid.
- While pasta cooks, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add the garlic and zucchini, and saut 5 minutes or until zucchini is tender.
- Combine pasta, zucchini mixture, and tomato in a large bowl, tossing gently to coat.
- Combine reserved 1/4 cup cooking liquid, pesto, salt, and pepper in a small bowl.
- Drizzle over pasta, tossing gently to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:18.09, Inflammation Score:-7, Nutrition Score:8.8004347563762%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 331kcal (16.55%), Fat: 10.87g (16.72%), Saturated Fat: 3.23g (20.18%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 38.63g (14.05%), Sugar: 6.79g (7.55%), Cholesterol: 34.05mg (11.35%), Sodium: 670.58mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.21%), Vitamin C: 26.12mg (31.66%), Fiber: 5.18g (20.72%), Vitamin A: 987.08IU (19.74%), Calcium: 176.77mg (17.68%), Iron: 2.78mg (15.46%), Manganese: 0.28mg (13.78%), Potassium: 412.03mg (11.77%), Vitamin B6: 0.22mg (11.01%), Vitamin K: 9.98µg (9.5%), Folate: 31.85µg (7.96%), Phosphorus: 64.59mg (6.46%), Magnesium: 24.85mg (6.21%), Vitamin B2: 0.1mg (5.89%), Copper: 0.1mg

(4.86%), Vitamin B1: 0.07mg (4.7%), Vitamin B3: 0.86mg (4.29%), Vitamin E: 0.53mg (3.54%), Zinc: 0.47mg (3.1%),
Vitamin B5: 0.26mg (2.57%), Selenium: 0.78µg (1.12%)