



Pronto Pesto-Pasta Salad

READY IN



70 min.

SERVINGS



10

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup classico basil pesto sauce and spread traditional
- 1 bell pepper green cut into thin strips
- 0.5 cup real mayo mayonnaise kraft
- 0.5 cup slivered onions red
- 9 oz cheese tortellini refrigerated uncooked
- 1 tomatoes cut into wedges

Equipment

- bowl

Directions

- Cook pasta as directed on package; drain. Rinse with cold water; drain well.
- Place in large bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:5.41, Inflammation Score:-4, Nutrition Score:3.3334782486377%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 211.29kcal (10.56%), Fat: 15.19g (23.36%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 12.25g (4.46%), Sugar: 2.12g (2.36%), Cholesterol: 15.39mg (5.13%), Sodium: 299.09mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Vitamin K: 20.14µg (19.18%), Vitamin C: 11.84mg (14.36%), Vitamin A: 403.91IU (8.08%), Fiber: 1.65g (6.62%), Calcium: 61.22mg (6.12%), Iron: 0.84mg (4.65%), Vitamin E: 0.48mg (3.2%), Vitamin B6: 0.05mg (2.35%), Manganese: 0.04mg (1.98%), Potassium: 63.9mg (1.83%), Folate: 5.11µg (1.28%), Vitamin B1: 0.02mg (1.08%), Copper: 0.02mg (1.02%)