



Roasted Red Pepper-Caesar Tortelloni

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



702 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups bottled creamy caesar dressing
- ☐ 0.8 cup croutons caesar-style
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 16 ounce ricotta-and-asparagus tortelloni dried
- ☐ 0.5 cup roasted bell peppers red jarred cut into thin strips

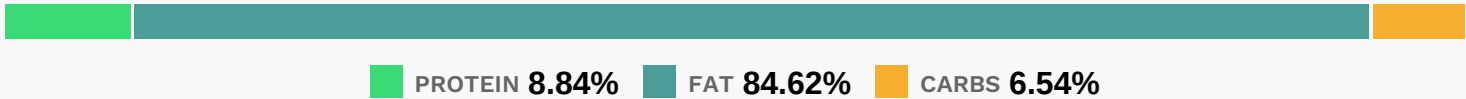
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Cook pasta according to package directions; drain and set aside.
- ☐ Stir together dressing and next 4 ingredients in a small microwave-safe bowl. Microwave at MEDIUM (50% power) 1 minute and 20 seconds to 1 minute and 30 seconds or until warm, stirring at 30-second intervals.
- ☐ Combine hot cooked pasta and red pepper strips in a serving bowl.
- ☐ Pour dressing mixture evenly over pasta mixture. Top with croutons, and serve immediately.
- ☐ *Dried porcini mushroom tortelloni or refrigerated three-cheese tortellini may be substituted.
- ☐ Note: For testing purposes only, we used Barilla Ricotta and Asparagus Tortelloni, Wishbone Creamy Caesar Dressing, and Cardini's Gourmet
- ☐ Cut Caesar Croutons.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:3.72, Inflammation Score:-5, Nutrition Score:13.497825964637%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 702.36kcal (35.12%), Fat: 66.11g (101.71%), Saturated Fat: 17.25g (107.81%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 10.47g (3.81%), Sugar: 2.87g (3.18%), Cholesterol: 92.2mg (30.73%), Sodium: 1447.34mg (62.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Vitamin K: 93.99µg (89.52%), Calcium: 289.92mg (28.99%), Selenium: 20.24µg (28.91%), Vitamin E: 4.31mg (28.73%), Phosphorus: 206.98mg (20.7%), Vitamin B2: 0.25mg (14.81%), Vitamin A: 626.99IU (12.54%), Vitamin C: 9.69mg (11.75%), Zinc: 1.5mg

(10.01%), Iron: 1.78mg (9.88%), Vitamin B12: 0.41µg (6.87%), Folate: 26.19µg (6.55%), Manganese: 0.12mg (5.76%), Vitamin B6: 0.11mg (5.29%), Potassium: 182.72mg (5.22%), Magnesium: 18.61mg (4.65%), Vitamin B1: 0.06mg (4.34%), Fiber: 1.03g (4.12%), Vitamin B5: 0.35mg (3.53%), Copper: 0.07mg (3.36%), Vitamin B3: 0.56mg (2.82%), Vitamin D: 0.31µg (2.1%)