



Skewered Tortellini Bites

READY IN



40 min.

SERVINGS



25

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz barilla three cheese tortellini
- ☐ 1 cup cherry tomatoes halved
- ☐ 16 oz dressing italian
- ☐ 2 small zucchini cut into 1/4-inch-thick slices
- ☐ 4 inch wooden skewers
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Equipment

- ☐ bowl

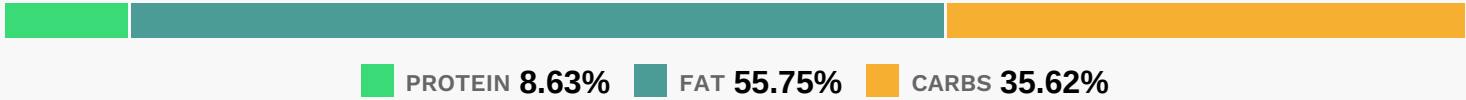
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 skewers

Directions

- ☐ Cook tortellini according to package directions; drain and rinse with cold water.
- ☐ Toss together tortellini, zucchini slices, tomato halves, and Italian dressing in a large bowl. Cover and chill at least 4 hours, stirring occasionally.
- ☐ Thread tortellini alternately with vegetables onto skewers.
- ☐ Sprinkle with Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:1.4852174054021%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 74.44kcal (3.72%), Fat: 4.64g (7.13%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.18g (2.25%), Sugar: 2.6g (2.89%), Cholesterol: 3.45mg (1.15%), Sodium: 220.95mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin K: 10.73µg (10.22%), Vitamin C: 3.12mg (3.78%), Vitamin E: 0.44mg (2.95%), Iron: 0.35mg (1.97%), Fiber: 0.48g (1.92%), Calcium: 17.36mg (1.74%), Vitamin B6: 0.03mg (1.59%), Potassium: 52.87mg (1.51%), Manganese: 0.03mg (1.43%), Vitamin A: 54.56IU (1.09%)