



Skewered Tortellini with Ranch-Style Dip

READY IN



27 min.

SERVINGS



21

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 cheese tortellini refrigerated (half of a 9-ounce package)
- ☐ 3 tablespoons skim milk fat-free
- ☐ 0.5 cup basil fresh
- ☐ 16 ounce cream sour
- ☐ 1 ounce ranch seasoning ranch-style
- ☐ 3 medium size bell pepper sweet red seeded cut into 1-inch pieces
- ☐ 3 medium zucchini cut into 1/2-inch-thick slices

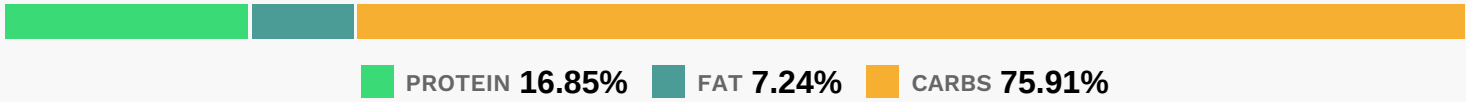
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ wooden skewers

Directions

- ☐ Combine first 4 ingredients in container of an electric blender or food processor; cover and process until smooth.
- ☐ Transfer mixture to a bowl; cover and chill at least 1 hour.
- ☐ Cook tortellini according to package directions, omitting salt and fat.
- ☐ Drain; rinse with cold water, and drain again. Thread 2 tortellini alternately with pepper pieces and zucchini slices onto 18 (6-inch) wooden skewers.
- ☐ Serve with Ranch-style dip.

Nutrition Facts



Properties

Glycemic Index:9.54, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:4.3260870303797%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 35.11kcal (1.76%), Fat: 0.29g (0.45%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.17g (2.24%), Sugar: 1.66g (1.84%), Cholesterol: 2.66mg (0.89%), Sodium: 142.97mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin C: 26.87mg (32.58%), Vitamin A: 677.86IU (13.56%), Vitamin B6: 0.1mg (5.08%), Vitamin B2: 0.08mg (4.49%), Folate: 17.35µg (4.34%), Vitamin K: 4.41µg (4.2%), Potassium: 142.08mg (4.06%), Calcium: 38.94mg (3.89%), Phosphorus: 38.19mg (3.82%), Manganese: 0.08mg (3.76%), Fiber: 0.71g (2.85%), Magnesium: 9.86mg (2.47%), Vitamin B1: 0.03mg (2.12%), Vitamin E: 0.31mg (2.05%), Selenium: 1.26µg (1.8%), Zinc: 0.25mg (1.7%), Vitamin B3: 0.32mg (1.58%), Iron: 0.24mg (1.33%), Vitamin B12: 0.08µg (1.29%), Vitamin B5: 0.12mg (1.2%), Copper: 0.02mg (1.17%)