



Spinach and Tortellini Salad

READY IN



30 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounce olives black sliced canned
- ☐ 9 ounce cheese-filled tortellini
- ☐ 2 cups cherry tomatoes halved
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounce salad dressing italian-style

Equipment

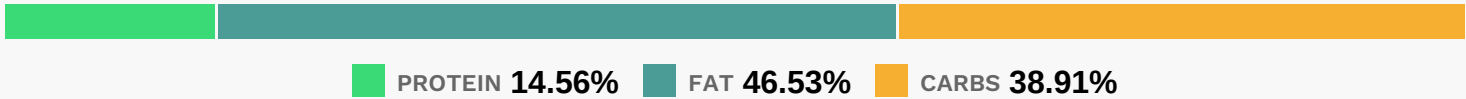
- ☐ bowl

☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ In a large bowl, combine the tortellini, spinach, cheese, tomatoes and olives.
- ☐ Add enough salad dressing to coat. Toss and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:12.63, Inflammation Score:-10, Nutrition Score:21.415217411259%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 424.05kcal (21.2%), Fat: 22.37g (34.42%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 36.62g (13.32%), Sugar: 10.31g (11.45%), Cholesterol: 31.49mg (10.5%), Sodium: 1267.46mg (55.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.51%), Vitamin K: 297.83µg (283.65%), Vitamin A: 8823.17IU (176.46%), Manganese: 0.6mg (30.09%), Vitamin E: 4.3mg (28.65%), Folate: 113.38µg (28.34%), Calcium: 278.29mg (27.83%), Vitamin C: 21.11mg (25.59%), Fiber: 5.47g (21.87%), Iron: 3.73mg (20.71%), Magnesium: 67.17mg (16.79%), Potassium: 476.55mg (13.62%), Selenium: 8.8µg (12.58%), Vitamin B2: 0.2mg (12.05%), Phosphorus: 117.49mg (11.75%), Vitamin B6: 0.23mg (11.41%), Copper: 0.19mg (9.45%), Vitamin B1: 0.11mg (7.33%), Zinc: 0.91mg (6.05%), Vitamin B3: 0.87mg (4.35%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.11µg (1.88%)