



Summer Tortellini Salad

READY IN



20 min.

SERVINGS



4

CALORIES



739 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 0.3 cup canola oil
- ☐ 19 oz cheese tortellini frozen
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup olives green sliced
- ☐ 1 teaspoon herbs de provence
- ☐ 2 tablespoons mayonnaise
- ☐ 4 servings garnish: parsley sprigs fresh

- ☐ 0.3 cup bell pepper diced red
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt to taste
- ☐ 2 tablespoons onion sweet chopped

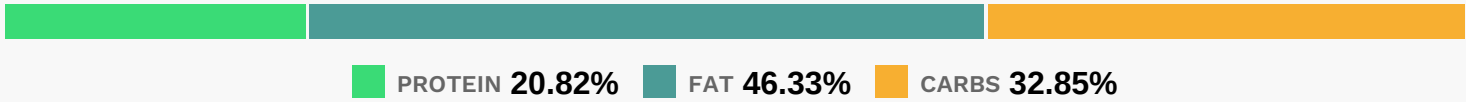
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook tortellini according to package directions; drain. Plunge into ice water to stop the cooking process; drain and place in large bowl. Stir in chicken and next 5 ingredients.
- ☐ Whisk together mayonnaise, red wine vinegar, and herbes de Provence.
- ☐ Add oil in a slow, steady stream, whisking constantly until smooth.
- ☐ Pour over tortellini mixture, tossing to coat. Stir in salt to taste. Cover and chill at least 25 minutes.
- ☐ Garnish, if desired.
- ☐ *1 tsp. dried Italian seasoning may be substituted.
- ☐ Note: For testing purposes only, we used Rosetto Cheese Tortellini.
- ☐ Tuna Tortellini Salad: Substitute 1 (12-oz.) can albacore tuna, rinsed and drained well, for chicken. Prepare recipe as directed.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:26.86, Inflammation Score:-6, Nutrition Score:16.563478266415%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol:

0.15mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 739.11kcal (36.96%), Fat: 38g (58.47%), Saturated Fat: 7.25g (45.31%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 54.41g (19.79%), Sugar: 4.6g (5.11%), Cholesterol: 106.61mg (35.54%), Sodium: 1142.99mg (49.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.83%), Vitamin K: 124.79µg (118.84%), Vitamin B3: 5.75mg (28.73%), Iron: 5.13mg (28.5%), Selenium: 17.59µg (25.12%), Fiber: 6.2g (24.82%), Vitamin C: 20.28mg (24.59%), Vitamin E: 3.53mg (23.56%), Calcium: 223.28mg (22.33%), Vitamin A: 906.13IU (18.12%), Vitamin B6: 0.33mg (16.66%), Phosphorus: 144.6mg (14.46%), Zinc: 1.19mg (7.95%), Vitamin B5: 0.75mg (7.55%), Vitamin B2: 0.12mg (7.13%), Potassium: 231.16mg (6.6%), Magnesium: 21.9mg (5.47%), Folate: 19.59µg (4.9%), Vitamin B1: 0.06mg (4.08%), Copper: 0.08mg (3.87%), Vitamin B12: 0.21µg (3.52%), Manganese: 0.06mg (2.91%)