



Tortellini-and-Tomato Salad

READY IN



20 min.

SERVINGS



6

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 oz cheese-filled tortellini refrigerated
- ☐ 0.5 cup basil fresh coarsely chopped
- ☐ 1 cup corn kernels fresh
- ☐ 2 garlic cloves
- ☐ 0.5 cup green onions thinly sliced
- ☐ 2 cups baby heirloom tomatoes halved
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese freshly grated

- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper
- ☐ 1 teaspoon worcestershire sauce

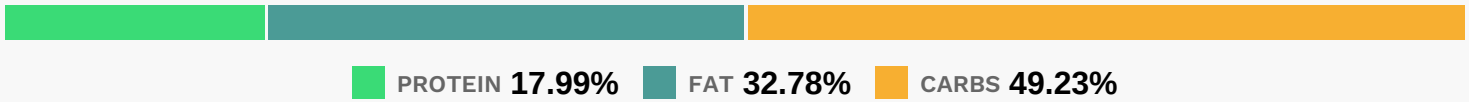
Equipment

- ☐ blender

Directions

- ☐ Prepare tortellini according to package directions.
- ☐ Meanwhile, process olive oil and next 5 ingredients in a blender until smooth. Toss olive oil mixture with hot cooked tortellini, tomatoes, and next 3 ingredients. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:17.58, Inflammation Score:-6, Nutrition Score:8.3769564900709%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 368.17kcal (18.41%), Fat: 13.64g (20.98%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 46.1g (15.37%), Net Carbohydrates: 41.5g (15.09%), Sugar: 5.71g (6.34%), Cholesterol: 39.57mg (13.19%), Sodium: 923.36mg (40.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.68%), Vitamin K: 31.88µg (30.36%), Calcium: 212.61mg (21.26%), Fiber: 4.6g (18.41%), Vitamin C: 13.72mg (16.63%), Iron: 2.75mg (15.29%), Vitamin A: 720.91IU (14.42%), Phosphorus: 93.19mg (9.32%), Manganese: 0.16mg (7.9%), Potassium: 247.04mg (7.06%), Folate: 26.4µg (6.6%), Vitamin E: 0.92mg (6.14%), Magnesium: 21.1mg (5.28%), Selenium: 3.27µg (4.68%), Vitamin B6: 0.09mg (4.65%), Vitamin B1: 0.07mg (4.52%), Zinc: 0.62mg (4.16%), Vitamin B3: 0.81mg (4.06%), Vitamin B2:

0.06mg (3.72%), Copper: 0.07mg (3.34%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.11µg (1.88%)