



Tortellini and Tomato Skewers

READY IN



45 min.

SERVINGS



100

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 grape tomatoes organic
- ☐ 16 oz salad dressing italian
- ☐ 29 oz cheese tortellini refrigerated

Equipment

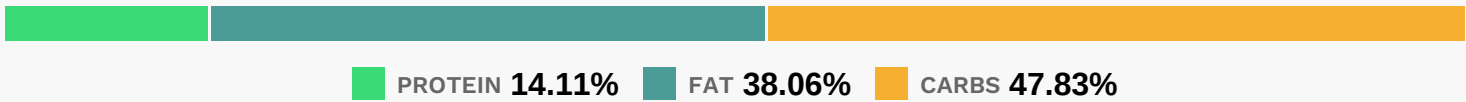
- ☐ bowl
- ☐ skewers

Directions

- ☐
- Cook the tortellini according to the package directions.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:0.88, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:0.98391302707403%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 39.51kcal (1.98%), Fat: 1.69g (2.6%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.17g (1.3%), Cholesterol: 3.12mg (1.04%), Sodium: 81.57mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin K: 3.88µg (3.7%), Vitamin A: 143.24IU (2.86%), Vitamin C: 2.35mg (2.85%), Fiber: 0.52g (2.07%), Iron: 0.27mg (1.49%), Calcium: 13.92mg (1.39%), Vitamin E: 0.19mg (1.27%), Potassium: 44.1mg (1.26%), Manganese: 0.02mg (1.04%)