

## Tortellini Appetizers

READY IN



40 min.

SERVINGS



13

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 garlic clove peeled
- 1 pint grape tomatoes
- 1 cup mayonnaise
- 0.3 cup milk
- 2 tablespoons olive oil divided
- 0.3 cup parmesan cheese grated
- 0.1 teaspoon pepper
- 0.3 cup basil pesto prepared
- 9 ounces spinach tortellini refrigerated

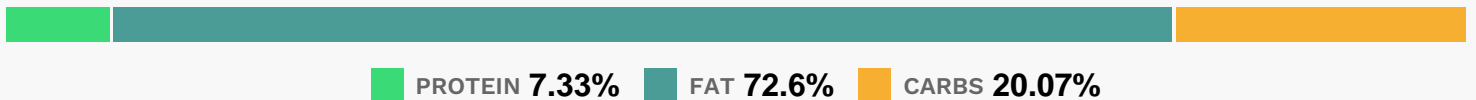
## Equipment

- bowl
- oven
- toothpicks
- aluminum foil

## Directions

- Place garlic cloves on a double thickness of heavy-duty foil; drizzle with 1 tablespoon oil. Wrap foil around garlic.
- Bake at 425° for 20–25 minutes or until tender. Cool for 10–15 minutes.
- Meanwhile, cook tortellini according to package directions; drain and rinse in cold water. Toss with remaining oil; set aside.
- In a small bowl, combine the mayonnaise, cheese, milk, pesto and pepper. Mash garlic into pesto mixture; stir until combined.
- Alternately thread tortellini and tomatoes onto toothpicks.
- Serve with pesto dip. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:14.46, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:4.1221738820491%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 232.83kcal (11.64%), Fat: 18.87g (29.03%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 10.65g (3.87%), Sugar: 1.99g (2.22%), Cholesterol: 19.08mg (6.36%), Sodium: 291.37mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.57%), Vitamin K: 32.35µg (30.81%), Vitamin A:

490.51IU (9.81%), Calcium: 74.28mg (7.43%), Vitamin E: 1.09mg (7.23%), Vitamin C: 5.27mg (6.39%), Fiber: 1.09g (4.35%), Manganese: 0.06mg (3.12%), Phosphorus: 30.73mg (3.07%), Potassium: 104.27mg (2.98%), Iron: 0.53mg (2.96%), Vitamin B6: 0.05mg (2.32%), Selenium: 1.29µg (1.84%), Folate: 6.47µg (1.62%), Copper: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.43%), Magnesium: 5.68mg (1.42%), Vitamin B1: 0.02mg (1.35%), Zinc: 0.2mg (1.34%), Vitamin B12: 0.07µg (1.2%), Vitamin B3: 0.23mg (1.15%)