



Tortellini Bacon Broccoli Salad

 Popular

READY IN



90 min.

SERVINGS



10

CALORIES



470 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon
- ☐ 4 cups broccoli chopped
- ☐ 18 ounce three-cheese tortellini refrigerated
- ☐ 1 cup bottled coleslaw dressing
- ☐ 1 pint grape tomatoes halved
- ☐ 2 green onions finely chopped

Equipment

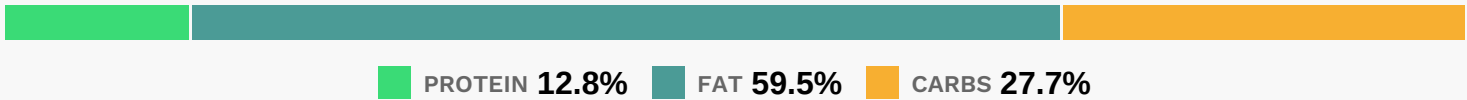
- ☐ bowl

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook the tortellini according to the package directions, drain, rinse with cold water, and refrigerate until cool, about 30 minutes.
- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate. Chop the bacon into 1/2-inch pieces while still a little warm.
- ☐ Place the tortellini, bacon, broccoli, grape tomatoes, and green onions into a salad bowl.
- ☐ Pour the dressing over the ingredients, and toss lightly to coat. Chill in refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:11.08, Inflammation Score:-6, Nutrition Score:12.226087072621%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 470.1kcal (23.51%), Fat: 31.19g (47.99%), Saturated Fat: 8.85g (55.31%), Carbohydrates: 32.68g (10.89%), Net Carbohydrates: 29.2g (10.62%), Sugar: 8.63g (9.59%), Cholesterol: 59.58mg (19.86%), Sodium: 748.61mg (32.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.19%), Vitamin K: 61.14µg (58.22%), Vitamin C: 38.48mg (46.64%), Selenium: 11.21µg (16.02%), Fiber: 3.48g (13.94%), Vitamin A: 669.91IU (13.4%), Vitamin B1: 0.18mg (11.83%), Vitamin B3: 2.36mg (11.79%), Vitamin B6: 0.22mg (11.17%), Phosphorus: 111.29mg (11.13%), Iron: 1.99mg (11.06%), Vitamin E: 1.51mg (10.06%), Calcium: 99.73mg (9.97%), Potassium: 328.56mg (9.39%), Manganese: 0.16mg (8.18%), Folate: 31.81µg (7.95%), Vitamin B2: 0.1mg (6.03%), Zinc: 0.81mg (5.4%), Vitamin B5: 0.53mg (5.3%), Magnesium: 19.27mg (4.82%), Vitamin B12: 0.25µg (4.15%), Copper: 0.07mg (3.54%), Vitamin D: 0.18µg (1.21%)