



Tortellini, Broccoli and Bacon Salad

READY IN



85 min.

SERVINGS



24

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 38 oz cheese tortellini frozen
- ☐ 4 cups broccoli florets
- ☐ 2 cups cherry tomatoes cut in half
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 cup coleslaw dressing reduced-fat
- ☐ 1 lb bacon crumbled cooked
- ☐ 0.3 cup sunflower seeds

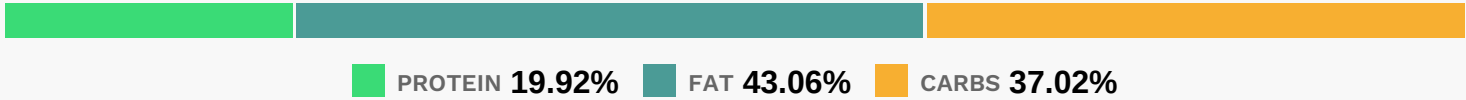
Equipment

☐ bowl

Directions

- ☐ Cook and drain tortellini as directed on package. Rinse with cold water; drain.
- ☐ In very large (4-quart) bowl, mix tortellini, broccoli, tomatoes, chives and dressing. Cover and refrigerate at least 1 hour to blend flavors.
- ☐ Just before serving, stir in bacon.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:9.12, Inflammation Score:-2, Nutrition Score:7.2617392125337%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 280.54kcal (14.03%), Fat: 13.48g (20.74%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 23.72g (8.63%), Sugar: 6.2g (6.89%), Cholesterol: 38.57mg (12.86%), Sodium: 698.16mg (30.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Vitamin C: 16.52mg (20.03%), Vitamin K: 20.78µg (19.79%), Selenium: 10.94µg (15.64%), Vitamin B3: 2.29mg (11.47%), Phosphorus: 99.54mg (9.95%), Vitamin B1: 0.14mg (9.54%), Fiber: 2.36g (9.43%), Iron: 1.63mg (9.03%), Vitamin B6: 0.16mg (7.94%), Calcium: 79.44mg (7.94%), Vitamin E: 0.96mg (6.43%), Potassium: 184.65mg (5.28%), Zinc: 0.75mg (5%), Vitamin B2: 0.07mg (4.16%), Manganese: 0.08mg (3.88%), Magnesium: 15.36mg (3.84%), Folate: 14.6µg (3.65%), Vitamin B12: 0.22µg (3.62%), Vitamin A: 173.89IU (3.48%), Vitamin B5: 0.33mg (3.31%), Copper: 0.06mg (3.11%)